



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Keßler, Andreas

Club: Erfurt
Number: 216

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:58

Speed: 12.02 km/h

Running performance: 4:59 min/km

Rank in course/Total: 144 (of 389)

Rank in course/Men: 113 (of 249)

Best time in course: 11:54

Rank in category: 26(of 63)

Best time in the category: 14:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:03	5:01	28	3:02	120	4:04	2.00	10:03	5:01	51	0:17	90	4:03
Leichtathletikhah	2.00	9:55	4:57	27	2:33	111	4:01	4.00	19:58	4:59	26	5:35	113	8:04