



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gerhardt, Oliver

Club: Erfurt

Number: 39

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:06

Speed: 11.94 km/h

Running performance: 5:02 min/km

Rank in course/Total: 149 (of 389)

Rank in course/Men: 116 (of 249)

Best time in course: 11:54

Rank in category: 27(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	10:07	5:03	31	3:06	127	4:08	2.00	10:07	5:03	56	0:21	101	4:07
Leichtathletikhah	2.00	9:59	4:59	28	2:37	115	4:05	4.00	20:06	5:01	27	5:43	116	8:12