



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Adamus, Daniel

Club: MTV 1860 Erfurt e.V.

Number: 49

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:54

Speed: 11.48 km/h

Running performance: 5:13 min/km

Rank in course/Total: 181 (of 389)

Rank in course/Men: 144 (of 249)

Best time in course: 11:54

Rank in category: 19(of 32)

Best time in the category: 13:15

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	10:49	5:24	17	4:14	155	4:50	2.00	10:49	5:24	25	0:13	103	4:49
Leichtathletikhah	2.00	10:05	5:02	19	3:25	128	4:11	4.00	20:54	5:13	19	7:39	144	9:00