



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schramm, Mario

Club: Wolfberg

Number: 1531

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:14

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 188 (of 389)

Rank in course/Men: 146 (of 249)

Best time in course: 11:54

Rank in category: 37(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	10:45	5:22	38	3:44	149	4:46	2.00	10:45	5:22	58	0:59	105	4:45
Leichtathletikhalle	2.00	10:29	5:14	35	3:07	143	4:35	4.00	21:14	5:18	37	6:51	146	9:20