



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wohlfahrt, Jan

Club: Leipzig

Number: 1542

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 20:26

Speed: 11.75 km/h

Running performance: 5:07 min/km

Rank in course/Total: 164 (of 389)

Rank in course/Men: 131 (of 249)

Best time in course: 11:54

Rank in category: 10(of 26)

Best time in the category: 14:56

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	10:32	5:15	13	3:09	141	4:33	2.00	10:32	5:15	18			106	4:32
Leichtathletikhah	2.00	9:54	4:57	6	2:21	109	4:00	4.00	20:26	5:06	10	5:30		131	8:32