



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kirmse, Stefan

Club: Nasty Stylistix

Number: 349

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:15

Speed: 11.85 km/h

Running performance: 5:04 min/km

Rank in course/Total: 158 (of 389)

Rank in course/Men: 125 (of 249)

Best time in course: 11:54

Rank in category: 14(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	9:44	4:51	9	3:09	93	3:45	2.00	9:44	4:51	22		118	3:44
Leichtathletikhah	2.00	10:31	5:15	21	3:51	147	4:37	4.00	20:15	5:03	14	7:00	125	8:21