



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Runge, Henrico

Club: Erfurt
Number: 304

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:28

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 237 (of 389)

Rank in course/Men: 184 (of 249)

Best time in course: 11:54

Rank in category: 47(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:36	5:47	51	4:35	193	5:37	2.00	11:36	5:47	62	1:50	121	5:36
Leichtathletikhah	2.00	10:52	5:26	41	3:30	165	4:58	4.00	22:28	5:36	47	8:05	184	10:34