



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schirm, Ulrich

Club: Weimar

Number: 322

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 24:22

Speed: 9.85 km/h

Running performance: 6:05 min/km

Rank in course/Total: 304 (of 389)

Rank in course/Men: 224 (of 249)

Best time in course: 11:54

Rank in category: 59(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	12:01	6:00	55	5:00	207	6:02	2.00	12:01	6:00	63	2:15	125	6:01
Leichtathletikhalle	2.00	12:21	6:10	58	4:59	227	6:27	4.00	24:22	6:05	59	9:59	224	12:28