



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rady, Dirk

Club: Erfurt
Number: 306

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 24:14

Speed: 9.90 km/h

Running performance: 6:04 min/km

Rank in course/Total: 294 (of 389)

Rank in course/Men: 218 (of 249)

Best time in course: 11:54

Rank in category: 57(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	11:41	5:50	53	4:40	195	5:42	2.00	11:41	5:50	17	1:55	128	5:41
Leichtathletikhalle	2.00	12:33	6:16	59	5:11	231	6:39	4.00	24:14	6:03	57	9:51	218	12:20