



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rink, Ronny

Club: FC Union

Number: 363

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:43

Speed: 12.17 km/h

Running performance: 4:56 min/km

Rank in course/Total: 132 (of 389)

Rank in course/Men: 104 (of 249)

Best time in course: 11:54

Rank in category: 23(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	9:59	4:59	23	2:58	112	4:00	2.00	9:59	4:59	3	0:13	76	3:59
Leichtathletikhalle	2.00	9:44	4:51	23	2:22	99	3:50	4.00	19:43	4:55	23	5:20	104	7:49