



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Krull, Matthias

Club: VBC Spiez

Number: 341

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:35

Speed: 11.66 km/h

Running performance: 5:09 min/km

Rank in course/Total: 167 (of 389)

Rank in course/Men: 133 (of 249)

Best time in course: 11:54

Rank in category: 17(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	10:36	5:17	16	4:01	144	4:37	2.00	10:36	5:17	1	-	138	4:36
Leichtathletikhall	2.00	9:59	4:59	17	3:19	115	4:05	4.00	20:35	5:08	17	7:20	133	8:41