



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hermann, Jens

Club: 1. FC Zeitz

Number: 308

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:53

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 139 (of 389)

Rank in course/Men: 109 (of 249)

Best time in course: 11:54

Rank in category: 25(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	19:53	9:56	63	12:52	249	13:54	2.00	19:53	9:56	5	10:07	141	13:53
Leichtathletikhalle	2.00	-	-	63		248		4.00	19:53	4:58	25	5:30	109	7:59