



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schulz, Michael

Club: ANNA KRAM: Laufend helfen

Number: 240

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M30 (30-39 Jahre)

Total time: 21:26

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 200 (of 389)

Rank in course/Men: 153 (of 249)

Best time in course: 11:54

Rank in category: 20(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	11:22	5:41	20	4:47	186	5:23	2.00	11:22	5:41	15	0:46	146	5:22
Leichtathletikhalle	2.00	10:04	5:01	18	3:24	127	4:10	4.00	21:26	5:21	20	8:11	153	9:32