



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Bäster, Manfred

Club: USV Jena

Number: 152

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M70 (70 und älter Jahre)

Total time: 22:14

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 232 (of 389)

Rank in course/Men: 180 (of 249)

Best time in course: 11:54

Rank in category: 4 (of 10)

Best time in the category: 18:23

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:09	5:34	6	2:08	177	5:10	2.00	11:09	5:34	3	2:08	126	5:09
Leichtathletikhalle	2.00	11:05	5:32	4	1:43	186	5:11	4.00	22:14	5:33	4	3:51	180	10:20