



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Seise, Andreas

Club: SV 1899 Mühlhausen

Number: 104

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 15:04

Speed: 15.93 km/h

Running performance: 3:46 min/km

Rank in course/Total: 23 (of 389)

Rank in course/Men: 19 (of 249)

Best time in course: 11:54

Rank in category: 4 (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	7:22	3:40	4	0:21	18	1:23	2.00	7:22	3:40	36		18	1:22
Leichtathletikhäl	2.00	7:42	3:51	4	0:20	19	1:48	4.00	15:04	3:46	4	0:41	19	3:10