



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Zink, Rolf

Club: Erfurt
Number: 246

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen
Mittelhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:45

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 218 (of 389)

Rank in course/Men: 169 (of 249)

Best time in course: 11:54

Rank in category: 17(of 26)

Best time in the category: 14:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:06	5:32	18	3:43	172	5:07	2.00	11:06	5:32	6	0:04	160	5:06
Leichtathletikhalle	2.00	10:39	5:19	13	3:06	154	4:45	4.00	21:45	5:26	17	6:49	169	9:51