



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Manthee, Frank

Club: SV Glückauf Sondershausen

Number: 263

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M50 (50-59 Jahre)

Total time: 14:56

Speed: 16.07 km/h

Running performance: 3:44 min/km

Rank in course/Total: 21 (of 389)

Rank in course/Men: 18 (of 249)

Best time in course: 11:54

Rank in category: 1 (of 26)

Best time in the category: 14:56

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	7:23	3:41	1	-	19	1:24	2.00	7:23	3:41	14		20	1:23
Leichtathletikhalle	2.00	7:33	3:46	1	-	15	1:39	4.00	14:56	3:44	1	-	18	3:02