



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

### Rebenschütz, Kay

Club: Erfurt  
Number: 280

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:29

Speed: 11.72 km/h

Running performance: 5:07 min/km

Rank in course/Total: 166 (of 389)

Rank in course/Men: 132 (of 249)

Best time in course: 11:54

Rank in category: 31 (of 63)

Best time in the category: 14:23

### 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	10:28	5:14	34	3:27	136	4:29	2.00	10:28	5:14	10	0:42	172	4:28
Leichtathletikhalle	2.00	10:01	5:00	29	2:39	122	4:07	4.00	20:29	5:07	31	6:06	132	8:35