



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Langlotz, Swen

Club: Drei Gleichen OT Cobstädt

Number: 51

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 23:32

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 272 (of 389)

Rank in course/Men: 207 (of 249)

Best time in course: 11:54

Rank in category: 54(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:15	5:37	44	4:14	180	5:16	2.00	11:15	5:37	12	1:29	177	5:15
Leichtathletikhaf	2.00	12:17	6:08	57	4:55	226	6:23	4.00	23:32	5:53	54	9:09	207	11:38