



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Adams, Dirk

Club: Erfurt
Number: 213

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 25:19

Speed: 9.48 km/h
Running performance: 6:20 min/km

Rank in course/Total: 334 (of 389)

Rank in course/Men: 237 (of 249)

Best time in course: 11:54

Rank in category: 61(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	12:30	6:15	59	5:29	224	6:31	2.00	12:30	6:15	14	2:44	179	6:30
Leichtathletikhalle	2.00	12:49	6:24	60	5:27	236	6:55	4.00	25:19	6:19	61	10:56	237	13:25