



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Müller, Maik

Club: Erfurt
Number: 103

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 24:25

Speed: 9.83 km/h

Running performance: 6:06 min/km

Rank in course/Total: 309 (of 389)

Rank in course/Men: 226 (of 249)

Best time in course: 11:54

Rank in category: 28(of 32)

Best time in the category: 13:15

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	11:57	5:58	23	5:22	203	5:58	2.00	11:57	5:58	8	1:21	127	5:57
Leichtathletikhah	2.00	12:28	6:14	30	5:48	230	6:34	4.00	24:25	6:06	28	11:10	226	12:31