



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Koch, Stefan

Club: SC Fortuna Erfurt

Number: 295

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 23:08

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 260 (of 389)

Rank in course/Men: 199 (of 249)

Best time in course: 11:54

Rank in category: 53(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	11:50	5:55	54	4:49	199	5:51	2.00	11:50	5:55	15	2:04	188	5:50
Leichtathletikhäl	2.00	11:18	5:39	52	3:56	198	5:24	4.00	23:08	5:46	53	8:45	199	11:14