



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stein, Matthias

Club: ANNA KRAM: Laufend helfen

Number: 234

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:48

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 249 (of 389)

Rank in course/Men: 194 (of 249)

Best time in course: 11:54

Rank in category: 52(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	11:37	5:48	52	4:36	194	5:38	2.00	11:37	5:48	19	1:51	206	5:37
Leichtathletikhalle	2.00	11:11	5:35	50	3:49	192	5:17	4.00	22:48	5:42	52	8:25	194	10:54