



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Meyer, Rolf

Club: IB Meyer

Number: 48

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 23:54

Speed: 10.04 km/h

Running performance: 5:59 min/km

Rank in course/Total: 284 (of 389)

Rank in course/Men: 213 (of 249)

Best time in course: 11:54

Rank in category: 21(of 26)

Best time in the category: 14:56

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	12:05	6:02	21	4:42	209	6:06	2.00	12:05	6:02	5	1:03	135	6:05
Leichtathletikhalle	2.00	11:49	5:54	21	4:16	214	5:55	4.00	23:54	5:58	21	8:58	213	12:00