



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Joost, Steffen

Club: Erfurt
Number: 192

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:39

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 212 (of 389)

Rank in course/Men: 164 (of 249)

Best time in course: 11:54

Rank in category: 42(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	10:31	5:15	35	3:30	139	4:32	2.00	10:31	5:15	21	0:45	189	4:31
Leichtathletikhäl	2.00	11:08	5:33	47	3:46	187	5:14	4.00	21:39	5:24	42	7:16	164	9:45