



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stauss, Andreas

Club: SV Martinus Erfurt

Number: 199

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:35

Speed: 10.63 km/h

Running performance: 5:39 min/km

Rank in course/Total: 243 (of 389)

Rank in course/Men: 190 (of 249)

Best time in course: 11:54

Rank in category: 51 (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	12:50	6:25	61	5:49	231	6:51	2.00	12:50	6:25	29	3:04	236	6:50
Leichtathletikhäl	2.00	9:45	4:52	24	2:23	101	3:51	4.00	22:35	5:38	51	8:12	190	10:41