



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schuler, Manuel

Club: Nasty Stylistix

Number: 348

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:24

Speed: 11.76 km/h

Running performance: 5:06 min/km

Rank in course/Total: 163 (of 389)

Rank in course/Men: 129 (of 249)

Best time in course: 11:54

Rank in category: 16(of 32)

Best time in the category: 13:15

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	10:33	5:16	15	3:58	142	4:34	2.00	10:33	5:16	2		247	4:33
Leichtathletikhah	2.00	9:51	4:55	15	3:11	105	3:57	4.00	20:24	5:05	16	7:09	129	8:30