



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pohl, Karsten

Club: Kirchheim

Number: 383

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 23:36

Speed: 10.17 km/h

Running performance: 5:54 min/km

Rank in course/Total: 274 (of 389)

Rank in course/Men: 209 (of 249)

Best time in course: 11:54

Rank in category: 55(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	11:21	5:40	47	4:20	183	5:22	2.00	11:21	5:40	26	1:35	154	5:21
Leichtathletikhalle	2.00	12:15	6:07	56	4:53	225	6:21	4.00	23:36	5:54	55	9:13	209	11:42