



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Bechstein, Michael

Club: Tabbs Vital

Number: 356

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:28

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 239 (of 389)

Rank in course/Men: 184 (of 249)

Best time in course: 11:54

Rank in category: 47(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	11:20	5:40	45	4:19	181	5:21	2.00	11:20	5:40	24	1:34	227	5:20
Leichtathletikhäl	2.00	11:08	5:33	47	3:46	187	5:14	4.00	22:28	5:36	47	8:05	184	10:34