



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sommer, Martin

Club: USV Erfurt

Number: 227

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Männer (20-29 Jahre)

Total time: 16:27

Speed: 14.59 km/h

Running performance: 4:07 min/km

Rank in course/Total: 43 (of 389)

Rank in course/Men: 36 (of 249)

Best time in course: 11:54

Rank in category: 6(of 23)

Best time in the category: 11:54

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 | 8:06 | 4:02 | 5 | 2:07 | 37 | 2:07 | 2.00 | 8:06 | 4:02 | 19 | | 34 | 2:06 |
| Leichtathletikhäl | 2.00 | 8:21 | 4:10 | 7 | 2:27 | 37 | 2:27 | 4.00 | 16:27 | 4:06 | 6 | 4:33 | 36 | 4:33 |