



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schönknecht, Mario

Club: ZSG Waltershausen

Number: 64

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M40 (40-49 Jahre)

Total time: 16:26

Speed: 14.60 km/h

Running performance: 4:07 min/km

Rank in course/Total: 42 (of 389)

Rank in course/Men: 35 (of 249)

Best time in course: 11:54

Rank in category: 6 (of 63)

Best time in the category: 14:23

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	7:55	3:57	6	0:54	31	1:56	2.00	7:55	3:57	38		36	1:55
Leichtathletikhalle	2.00	8:31	4:15	6	1:09	42	2:37	4.00	16:26	4:06	6	2:03	35	4:32