



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Trescher, Jens

Club: Hörselberg-Hainich

Number: 200

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 17:12

Speed: 13.95 km/h

Running performance: 4:18 min/km

Rank in course/Total: 59 (of 389)

Rank in course/Men: 48 (of 249)

Best time in course: 11:54

Rank in category: 8(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:16	4:08	7	1:15	43	2:17	2.00	8:16	4:08	40		42	2:16
Leichtathletikh	2.00	8:56	4:28	10	1:34	59	3:02	4.00	17:12	4:17	8	2:49	48	5:18