



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Trautmann, Knut

Club: VFL Hüpstedt

Number: 353

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 16:17

Speed: 14.74 km/h

Running performance: 4:04 min/km

Rank in course/Total: 40 (of 389)

Rank in course/Men: 32 (of 249)

Best time in course: 11:54

Rank in category: 2 (of 26)

Best time in the category: 14:56

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	7:54	3:57	2	0:31	30	1:55	2.00	7:54	3:57	25		49	1:54
Leichtathletikhalle	2.00	8:23	4:11	2	0:50	38	2:29	4.00	16:17	4:04	2	1:21	32	4:23