



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Oesterheld, Karsten

Club: Salomonsborn

Number: 252

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 17:54

Speed: 13.41 km/h

Running performance: 4:28 min/km

Rank in course/Total: 72 (of 389)

Rank in course/Men: 58 (of 249)

Best time in course: 11:54

Rank in category: 11(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	8:53	4:26	13	1:52	65	2:54	2.00	8:53	4:26	42		60	2:53
Leichtathletikhalle	2.00	9:01	4:30	11	1:39	60	3:07	4.00	17:54	4:28	11	3:31	58	6:00