



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heinricht, Mario

Club: SV Wüllersleben

Number: 164

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:11

Speed: 13.20 km/h

Running performance: 4:33 min/km

Rank in course/Total: 79 (of 389)

Rank in course/Men: 63 (of 249)

Best time in course: 11:54

Rank in category: 14 (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	8:47	4:23	10	1:46	58	2:48	2.00	8:47	4:23	41		54	2:47
Leichtathletikhalle	2.00	9:24	4:42	17	2:02	80	3:30	4.00	18:11	4:32	14	3:48	63	6:17