



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Keybe, Sebastian

Club: PSV Meiningen

Number: 319

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M30 (30-39 Jahre)

Total time: 13:15

Speed: 18.11 km/h

Running performance: 3:19 min/km

Rank in course/Total: 7 (of 389)

Rank in course/Men: 7 (of 249)

Best time in course: 11:54

Rank in category: 1(of 32)

Best time in the category: 13:15

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	6:35	3:17	1	-	8	0:36	2.00	6:35	3:17	17	-	7	0:35
Leichtathletikhalle	2.00	6:40	3:20	1	-	5	0:46	4.00	13:15	3:18	1	-	7	1:21