



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hartwich, Manfred

Club: MTV 1860 Erfurt

Number: 317

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M50 (50-59 Jahre)

Total time: 18:47

Speed: 12.78 km/h

Running performance: 4:42 min/km

Rank in course/Total: 92 (of 389)

Rank in course/Men: 74 (of 249)

Best time in course: 11:54

Rank in category: 5 (of 26)

Best time in the category: 14:56

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	9:46	4:53	7	2:23	94	3:47	2.00	9:46	4:53	23		64	3:46
Leichtathletikhalle	2.00	9:01	4:30	5	1:28	60	3:07	4.00	18:47	4:41	5	3:51	74	6:53