



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Frommberger, Ronny

Club: LSV Neunheiligen

Number: 361

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M30 (30-39 Jahre)

Total time: 18:47

Speed: 12.78 km/h

Running performance: 4:42 min/km

Rank in course/Total: 93 (of 389)

Rank in course/Men: 74 (of 249)

Best time in course: 11:54

Rank in category: 5 (of 32)

Best time in the category: 13:15

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	9:04	4:31	5	2:29	71	3:05	2.00	9:04	4:31	30		65	3:04
Leichtathletikhalle	2.00	9:43	4:51	14	3:03	98	3:49	4.00	18:47	4:41	5	5:32	74	6:53