



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Herzog, Michael

Club: Berlinchen Ranch

Number: 380

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:12

Speed: 12.50 km/h

Running performance: 4:48 min/km

Rank in course/Total: 104 (of 389)

Rank in course/Men: 83 (of 249)

Best time in course: 11:54

Rank in category: 17(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	9:48	4:54	19	2:47	97	3:49	2.00	9:48	4:54	47	0:02	73	3:48
Leichtathletikhah	2.00	9:24	4:42	17	2:02	80	3:30	4.00	19:12	4:47	17	4:49	83	7:18