



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Förster, Kai

Club: FFLW

Number: 262

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 19:08

Speed: 12.54 km/h

Running performance: 4:47 min/km

Rank in course/Total: 99 (of 389)

Rank in course/Men: 79 (of 249)

Best time in course: 11:54

Rank in category: 7(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	9:54	4:57	10	3:19	103	3:55	2.00	9:54	4:57	27			74	3:54
Leichtathletikh	2.00	9:14	4:36	6	2:34	70	3:20	4.00	19:08	4:46	7	5:53		79	7:14