



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Bergmann, Jean Pierre

Club: SV Schmira

Number: 83

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:21

Speed: 12.40 km/h

Running performance: 4:50 min/km

Rank in course/Total: 113 (of 389)

Rank in course/Men: 90 (of 249)

Best time in course: 11:54

Rank in category: 21(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	9:55	4:57	22	2:54	107	3:56	2.00	9:55	4:57	33	0:09	83	3:55
Leichtathletikhah	2.00	9:26	4:43	19	2:04	82	3:32	4.00	19:21	4:50	21	4:58	90	7:27