



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Leverenz, Karsten

Club: LG Alter Steinbruch

Number: 1721

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:18

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 110 (of 389)

Rank in course/Men: 87 (of 249)

Best time in course: 11:54

Rank in category: 20(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	9:59	4:59	23	2:58	112	4:00	2.00	9:59	4:59	3	0:13	76	3:59
Leichtathletikhalle	2.00	9:19	4:39	15	1:57	75	3:25	4.00	19:18	4:49	20	4:55	87	7:24