



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Teichmüller, Stephan

Club: Erfurt
Number: 139

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 19:18

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 111 (of 389)

Rank in course/Men: 87 (of 249)

Best time in course: 11:54

Rank in category: 9(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	9:37	4:48	8	3:02	87	3:38	2.00	9:37	4:48	26		86	3:37
Leichtathletikhäl	2.00	9:41	4:50	13	3:01	95	3:47	4.00	19:18	4:49	9	6:03	87	7:24