



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rode, Michael

Club: LTV Erfurt

Number: 50

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M60 (60-69 Jahre)

Total time: 19:27

Speed: 12.34 km/h

Running performance: 4:52 min/km

Rank in course/Total: 121 (of 389)

Rank in course/Men: 97 (of 249)

Best time in course: 11:54

Rank in category: 3(of 6)

Best time in the category: 17:55

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	9:43	4:51	3	0:51	92	3:44	2.00	9:43	4:51	3			88	3:43
Leichtathletikhall	2.00	9:44	4:51	3	0:41	99	3:50	4.00	19:27	4:51	3	1:32		97	7:33