



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Leser, Mathias

Club: Team 1434 Weißensee

Number: 342

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:26

Speed: 12.35 km/h

Running performance: 4:52 min/km

Rank in course/Total: 119 (of 389)

Rank in course/Men: 95 (of 249)

Best time in course: 11:54

Rank in category: 22(of 63)

Best time in the category: 14:23

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	10:03	5:01	28	3:02	120	4:04	2.00	10:03	5:01	51	0:17	90	4:03
Leichtathletikhall	2.00	9:23	4:41	16	2:01	78	3:29	4.00	19:26	4:51	22	5:03	95	7:32