



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Reuter, Torsten

Club: USV Erfurt

Number: 75

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:11

Speed: 11.89 km/h

Running performance: 5:03 min/km

Rank in course/Total: 155 (of 389)

Rank in course/Men: 122 (of 249)

Best time in course: 11:54

Rank in category: 29(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
Leichtathletikhäl	2.00	10:12	5:05	32	2:50	134	4:18	4.00	20:11	5:02	29	5:48	122	8:17