



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rommeis, Marco

Club: SV Creaton Großengottern

Number: 2

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M30 (30-39 Jahre)

Total time: 14:12

Speed: 16.90 km/h

Running performance: 3:33 min/km

Rank in course/Total: 11 (of 389)

Rank in course/Men: 10 (of 249)

Best time in course: 11:54

Rank in category: 2 (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	7:01	3:30	3	0:26	11	1:02	2.00	7:01	3:30	32			10	1:01
Leichtathletikhäl	2.00	7:11	3:35	2	0:31	10	1:17	4.00	14:12	3:32	2	0:57		10	2:18