



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Deutscher, Frank

Club: Erfurt
Number: 201

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:39

Speed: 11.62 km/h
Running performance: 5:10 min/km

Rank in course/Total: 171 (of 389)

Rank in course/Men: 137 (of 249)

Best time in course: 11:54

Rank in category: 33(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
Leichtathletikhall	2.00	10:40	5:19	38	3:18	156	4:46	4.00	20:39	5:09	33	6:16	137	8:45