



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rose, Jens

Total time: 20:39

Number: 316

Speed: 11.62 km/h

Running performance: 5:10 min/km

Course: 4.00 km

Rank in course/Total: 172 (of 389)

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Rank in course/Men: 137 (of 249)

Best time in course: 11:54

Category:

Rank in category: 33(of 63)

Senioren M40 (40-49 Jahre)

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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
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				
Leichtathletikhäl	2.00	10:36	5:17	36	3:14	151	4:42	4.00	20:39	5:09	33	6:16	137	8:45				