



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Krisch, Michael

Club: ZWEI-TAKT-TEAM

Number: 222

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 21:41

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 213 (of 389)

Rank in course/Men: 165 (of 249)

Best time in course: 11:54

Rank in category: 21(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	11:07	5:33	18	4:32	175	5:08	2.00	11:07	5:33	24	0:31	110	5:07
Leichtathletikhäl	2.00	10:34	5:16	22	3:54	149	4:40	4.00	21:41	5:25	21	8:26	165	9:47