



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Walther, Steffen

Club: ANNA KRAM: Laufend helfen

Number: 237

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:29

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 206 (of 389)

Rank in course/Men: 159 (of 249)

Best time in course: 11:54

Rank in category: 41(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:28	5:44	49	4:27	189	5:29	2.00	11:28	5:44	59	1:42	111	5:28
Leichtathletikhalle	2.00	10:01	5:00	29	2:39	122	4:07	4.00	21:29	5:22	41	7:06	159	9:35