



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Aweh, Heiko

Club: SV Wasserthaleben

Number: 365

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhellingen

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:41

Speed: 11.60 km/h

Running performance: 5:10 min/km

Rank in course/Total: 173 (of 389)

Rank in course/Men: 139 (of 249)

Best time in course: 11:54

Rank in category: 35(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	9:49	4:54	20	2:48	98	3:50	2.00	9:49	4:54	60	0:03	114	3:49
Leichtathletikhalle	2.00	10:52	5:26	41	3:30	165	4:58	4.00	20:41	5:10	35	6:18	139	8:47