



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kirchner, Björn

Club: FC Rot-Weiß Erfurt e.V.

Number: 302

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:07

Speed: 11.93 km/h

Running performance: 5:02 min/km

Rank in course/Total: 151 (of 389)

Rank in course/Men: 117 (of 249)

Best time in course: 11:54

Rank in category: 13(of 32)

Best time in the category: 13:15

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	9:57	4:58	12	3:22	110	3:58	2.00	9:57	4:58	23		93	3:57
Leichtathletikhalle	2.00	10:10	5:04	20	3:30	133	4:16	4.00	20:07	5:01	13	6:52	117	8:13