



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stephan, Michael

Club: FSV 1986 Bad Langensalza

Number: 394

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:28

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 205 (of 389)

Rank in course/Men: 157 (of 249)

Best time in course: 11:54

Rank in category: 40(of 63)

Best time in the category: 14:23

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	10:50	5:25	40	3:49	156	4:51	2.00	10:50	5:25	61	1:04	117	4:50
Leichtathletikhalle	2.00	10:38	5:18	37	3:16	152	4:44	4.00	21:28	5:21	40	7:05	157	9:34