



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Engelhardt, Herfried

Total time: 23:48

Number: 391

Speed: 10.08 km/h

Running performance: 5:57 min/km

Course: 4.00 km

Rank in course/Total: 278 (of 389)

Wertungslauf um den Pokal der Sparkasse Mittelhungen
Mittelhungen

Rank in course/Men: 212 (of 249)

Best time in course: 11:54

Category:

Rank in category: 5(of 6)

Senioren M60 (60-69 Jahre)

Best time in the category: 17:55

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	12:40	6:19	6	3:48	228	6:41	2.00	12:40	6:19	4	0:01	122	6:40
Leichtathletikhalle	2.00	11:08	5:33	5	2:05	187	5:14	4.00	23:48	5:57	5	5:53	212	11:54