



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sziedat, Sven

Club: Maintal

Number: 301

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 24:54

Speed: 9.64 km/h

Running performance: 6:13 min/km

Rank in course/Total: 321 (of 389)

Rank in course/Men: 232 (of 249)

Best time in course: 11:54

Rank in category: 30(of 32)

Best time in the category: 13:15

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	12:44	6:21	27	6:09	229	6:45	2.00	12:44	6:21	21	2:08	124	6:44
Leichtathletikhalle	2.00	12:10	6:04	29	5:30	223	6:16	4.00	24:54	6:13	30	11:39	232	13:00