



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kornhas, Christoph

Club: SV Emsetal

Number: 375

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 14:38

Speed: 16.40 km/h

Running performance: 3:40 min/km

Rank in course/Total: 17 (of 389)

Rank in course/Men: 14 (of 249)

Best time in course: 11:54

Rank in category: 3(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	7:00	3:30	2	0:25	10	1:01	2.00	7:00	3:30	31			14	1:00
Leichtathletikh	2.00	7:38	3:49	3	0:58	17	1:44	4.00	14:38	3:39	3	1:23		14	2:44