



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Walleit, Andreas

Club: LG Bad Frankenhausen

Number: 336

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:14

Speed: 12.48 km/h

Running performance: 4:49 min/km

Rank in course/Total: 107 (of 389)

Rank in course/Men: 84 (of 249)

Best time in course: 11:54

Rank in category: 18(of 63)

Best time in the category: 14:23

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	9:41	4:50	16	2:40	89	3:42	2.00	9:41	4:50	2		129	3:41
Leichtathletikhalle	2.00	9:33	4:46	21	2:11	87	3:39	4.00	19:14	4:48	18	4:51	84	7:20