



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Frießleben, Robert

Club: Dresden

Number: 328

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 19:30

Speed: 12.31 km/h

Running performance: 4:53 min/km

Rank in course/Total: 124 (of 389)

Rank in course/Men: 100 (of 249)

Best time in course: 11:54

Rank in category: 10(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	11:41	5:50	21	5:06	195	5:42	2.00	11:41	5:50	20	1:05	128	5:41
Leichtathletikhäl	2.00	7:49	3:54	4	1:09	21	1:55	4.00	19:30	4:52	10	6:15	100	7:36