



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heilemann, Klaus-Jürgen

Club: SSV Erfurt Nord

Number: 303

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 24:37

Speed: 9.75 km/h

Running performance: 6:09 min/km

Rank in course/Total: 316 (of 389)

Rank in course/Men: 230 (of 249)

Best time in course: 11:54

Rank in category: 24(of 26)

Best time in the category: 14:56

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	12:12	6:05	22	4:49	214	6:13	2.00	12:12	6:05	16	1:10	132	6:12
Leichtathletikhah	2.00	12:25	6:12	24	4:52	229	6:31	4.00	24:37	6:09	24	9:41	230	12:43