



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Reinhardt, Falko

Club: Grün Weiß Catterfeld

Number: 364

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 19:43

Speed: 12.17 km/h

Running performance: 4:56 min/km

Rank in course/Total: 133 (of 389)

Rank in course/Men: 104 (of 249)

Best time in course: 11:54

Rank in category: 11(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	10:11	5:05	13	3:36	128	4:12	2.00	10:11	5:05	19		133	4:11
Leichtathletikhah	2.00	9:32	4:46	10	2:52	86	3:38	4.00	19:43	4:55	11	6:28	104	7:49