



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Finger, Jens

Club: SV EVB Erfurt

Number: 20

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 14:52

Speed: 16.14 km/h

Running performance: 3:43 min/km

Rank in course/Total: 19 (of 389)

Rank in course/Men: 16 (of 249)

Best time in course: 11:54

Rank in category: 3 (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	7:15	3:37	2	0:14	16	1:16	2.00	7:15	3:37	34			15	1:15
Leichtathletikhalle	2.00	7:37	3:48	3	0:15	16	1:43	4.00	14:52	3:43	3	0:29		16	2:58