



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Urumpe, Jens

Club: Erfurt
Number: 400

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:54

Speed: 10.04 km/h

Running performance: 5:59 min/km

Rank in course/Total: 283 (of 389)

Rank in course/Men: 213 (of 249)

Best time in course: 11:54

Rank in category: 25(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	12:05	6:02	24	5:30	209	6:06	2.00	12:05	6:02	18	1:29	135	6:05
Leichtathletikhalle	2.00	11:49	5:54	28	5:09	214	5:55	4.00	23:54	5:58	25	10:39	213	12:00