



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kröll, Bodo

Club: Erfurt
Number: 387

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 26:24

Speed: 9.09 km/h

Running performance: 6:36 min/km

Rank in course/Total: 352 (of 389)

Rank in course/Men: 241 (of 249)

Best time in course: 11:54

Rank in category: 63(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	13:12	6:35	62	6:11	240	7:13	2.00	13:12	6:35	4	3:26	139	7:12
Leichtathletikhalle	2.00	13:12	6:35	61	5:50	238	7:18	4.00	26:24	6:35	63	12:01	241	14:30