



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Feller, Frank

Club: Erfurt
Number: 385

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M50 (50-59 Jahre)

Total time: 23:20

Speed: 10.29 km/h

Running performance: 5:50 min/km

Rank in course/Total: 264 (of 389)

Rank in course/Men: 203 (of 249)

Best time in course: 11:54

Rank in category: 20(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	11:33	5:46	20	4:10	192	5:34	2.00	11:33	5:46	15	0:31	140	5:33
Leichtathletikhah	2.00	11:47	5:53	20	4:14	213	5:53	4.00	23:20	5:49	20	8:24	203	11:26