



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Horvath, Rolf

Club: Erfurt
Number: 397

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 14:47

Speed: 16.23 km/h

Running performance: 3:42 min/km

Rank in course/Total: 18 (of 389)

Rank in course/Men: 15 (of 249)

Best time in course: 11:54

Rank in category: 2 (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	7:16	3:38	3	0:15	17	1:17	2.00	7:16	3:38	35			16	1:16
Leichtathletikhah	2.00	7:31	3:45	2	0:09	14	1:37	4.00	14:47	3:41	2	0:24		15	2:53