



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Krauß, Jan

Club: Dachwig

Number: 230

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:43

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 175 (of 389)

Rank in course/Men: 140 (of 249)

Best time in course: 11:54

Rank in category: 18(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	11:09	5:34	19	4:34	177	5:10	2.00	11:09	5:34	16	0:33	126	5:09
Leichtathletikhalle	2.00	9:34	4:46	11	2:54	88	3:40	4.00	20:43	5:10	18	7:28	140	8:49