



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Kogel, Richard**

Club: LTV

Number: 138

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Männer (20-29 Jahre)

Total time: 21:50

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 221 (of 389)

Rank in course/Men: 171 (of 249)

Best time in course: 11:54

Rank in category: 20(of 23)

Best time in the category: 11:54

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men				km	Time		
Runde	2.00	10:50	5:25	18	4:51	156	4:51	2.00	10:50	5:25	7	2:30	117	4:50
Leichtathletikh	2.00	11:00	5:30	20	5:06	178	5:06	4.00	21:50	5:27	20	9:56	171	9:56