



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heinz, Marco

Club: Speedskating Arnstadt
Number: 276

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 22:00

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course/Total: 228 (of 389)

Rank in course/Men: 177 (of 249)

Best time in course: 11:54

Rank in category: 22(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	12:22	6:11	25	5:47	220	6:23	2.00	12:22	6:11	14	1:46	149	6:22
Leichtathletikhah	2.00	9:38	4:48	12	2:58	92	3:44	4.00	22:00	5:30	22	8:45	177	10:06