



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lepa, Rick

Club: Erfurt

Number: 56

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:15

Speed: 11.85 km/h

Running performance: 5:04 min/km

Rank in course/Total: 159 (of 389)

Rank in course/Men: 125 (of 249)

Best time in course: 11:54

Rank in category: 14(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	10:22	5:11	14	3:47	134	4:23	2.00	10:22	5:11	13		151	4:22
Leichtathletikhalle	2.00	9:53	4:56	16	3:13	107	3:59	4.00	20:15	5:03	14	7:00	125	8:21