



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lange, Stephan

Club: Rheinfelden

Number: 1528

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 19:58

Speed: 12.02 km/h

Running performance: 4:59 min/km

Rank in course/Total: 145 (of 389)

Rank in course/Men: 113 (of 249)

Best time in course: 11:54

Rank in category: 12(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	9:13	4:36	6	2:38	75	3:14	2.00	9:13	4:36	12		153	3:13
Leichtathletikhah	2.00	10:45	5:22	23	4:05	162	4:51	4.00	19:58	4:59	12	6:43	113	8:04