



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Panse, Michael

Club: SWE Volley-Team

Number: 290

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:22

Speed: 10.73 km/h

Running performance: 5:35 min/km

Rank in course/Total: 235 (of 389)

Rank in course/Men: 183 (of 249)

Best time in course: 11:54

Rank in category: 46(of 63)

Best time in the category: 14:23

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	10:56	5:28	41	3:55	164	4:57	2.00	10:56	5:28	6	1:10	159	4:56
Leichtathletikh	2.00	11:26	5:43	53	4:04	202	5:32	4.00	22:22	5:35	46	7:59	183	10:28