



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Beckmann, Dirk

Club: PSV Erfurt

Number: 80

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:30

Speed: 10.67 km/h

Running performance: 5:37 min/km

Rank in course/Total: 240 (of 389)

Rank in course/Men: 187 (of 249)

Best time in course: 11:54

Rank in category: 49(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	11:30	5:45	50	4:29	190	5:31	2.00	11:30	5:45	7	1:44	161	5:30
Leichtathletikhalle	2.00	11:00	5:30	45	3:38	178	5:06	4.00	22:30	5:37	49	8:07	187	10:36