



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Semmler, Jan

Club: Erfurt

Number: 4

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:36

Speed: 11.65 km/h

Running performance: 5:09 min/km

Rank in course/Total: 168 (of 389)

Rank in course/Men: 134 (of 249)

Best time in course: 11:54

Rank in category: 32(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	9:54	4:57	21	2:53	103	3:55	2.00	9:54	4:57	8	0:08	74	3:54
Leichtathletikhalle	2.00	10:42	5:20	39	3:20	159	4:48	4.00	20:36	5:09	32	6:13	134	8:42