



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wachsmuth, Sven

Club: ANNA KRAM: Laufend helfen

Number: 239

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:07

Speed: 10.38 km/h

Running performance: 5:47 min/km

Rank in course/Total: 258 (of 389)

Rank in course/Men: 198 (of 249)

Best time in course: 11:54

Rank in category: 23(of 32)

Best time in the category: 13:15

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:53	5:56	22	5:18	202	5:54	2.00	11:53	5:56	11	1:17	167	5:53
Leichtathletikh	2.00	11:14	5:36	25	4:34	195	5:20	4.00	23:07	5:46	23	9:52	198	11:13