



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Manthee, Frank

Club: SV Glückauf Sondershausen

Number: 263

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M50 (50-59 Jahre)

Total time: 14:56

Speed: 16.07 km/h

Running performance: 3:44 min/km

Rank in course/Total: 21 (of 389)

Rank in course/Men: 18 (of 249)

Best time in course: 11:54

Rank in category: 1 (of 26)

Best time in the category: 14:56

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 | 7:23 | 3:41 | 1 | - | 19 | 1:24 | 2.00 | 7:23 | 3:41 | 14 | | 20 | 1:23 |
| Leichtathletikhalle | 2.00 | 7:33 | 3:46 | 1 | - | 15 | 1:39 | 4.00 | 14:56 | 3:44 | 1 | - | 18 | 3:02 |