



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rebenschütz, Kay

Club: Erfurt
Number: 280

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:29

Speed: 11.72 km/h

Running performance: 5:07 min/km

Rank in course/Total: 166 (of 389)

Rank in course/Men: 132 (of 249)

Best time in course: 11:54

Rank in category: 31(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	10:28	5:14	34	3:27	136	4:29	2.00	10:28	5:14	10	0:42	172	4:28
Leichtathletikhalle	2.00	10:01	5:00	29	2:39	122	4:07	4.00	20:29	5:07	31	6:06	132	8:35