



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kühn, Sylvio

Club: Goldbach

Number: 196

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:44

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 176 (of 389)

Rank in course/Men: 141 (of 249)

Best time in course: 11:54

Rank in category: 36(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	10:22	5:11	33	3:21	134	4:23	2.00	10:22	5:11	11	0:36	151	4:22
Leichtathletikhalle	2.00	10:22	5:11	34	3:00	140	4:28	4.00	20:44	5:11	36	6:21	141	8:50