



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Törmer, Christian

Club: Mühlhausen

Number: 169

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 18:13

Speed: 13.17 km/h

Running performance: 4:33 min/km

Rank in course/Total: 80 (of 389)

Rank in course/Men: 64 (of 249)

Best time in course: 11:54

Rank in category: 4(of 32)

Best time in the category: 13:15

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	8:45	4:22	4	2:10	56	2:46	2.00	8:45	4:22	9		63	2:45
Leichtathletikhäl	2.00	9:28	4:44	9	2:48	84	3:34	4.00	18:13	4:33	4	4:58	64	6:19