



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Müller, Rigo

Club: Speedskating Arnstadt
Number: 275

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 24:19

Speed: 9.87 km/h

Running performance: 6:05 min/km

Rank in course/Total: 298 (of 389)

Rank in course/Men: 220 (of 249)

Best time in course: 11:54

Rank in category: 26(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	12:52	6:26	28	6:17	232	6:53	2.00	12:52	6:26	7	2:16	184	6:52
Leichtathletikhäl	2.00	11:27	5:43	26	4:47	204	5:33	4.00	24:19	6:04	26	11:04	220	12:25