



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Mentzel, Michael

Club: LTV Erfurt

Number: 261

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M50 (50-59 Jahre)

Total time: 20:37

Speed: 11.64 km/h

Running performance: 5:09 min/km

Rank in course/Total: 170 (of 389)

Rank in course/Men: 136 (of 249)

Best time in course: 11:54

Rank in category: 11(of 26)

Best time in the category: 14:56

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	10:31	5:15	12	3:08	139	4:32	2.00	10:31	5:15	10		189	4:31
Leichtathletikhalle	2.00	10:06	5:02	11	2:33	129	4:12	4.00	20:37	5:09	11	5:41	136	8:43