



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 |