



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gluschak, Uwe

Club: Erfurt
Number: 204

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:48

Speed: 12.12 km/h

Running performance: 4:57 min/km

Rank in course/Total: 135 (of 389)

Rank in course/Men: 107 (of 249)

Best time in course: 11:54

Rank in category: 24(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	9:46	4:53	17	2:45	94	3:47	2.00	9:46	4:53	1	-	64	3:46
Leichtathletikhalle	2.00	10:02	5:00	31	2:40	126	4:08	4.00	19:48	4:57	24	5:25	107	7:54