



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Okker, Detlef

Club: Kefenrod

Number: 251

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 25:02

Speed: 9.59 km/h

Running performance: 6:16 min/km

Rank in course/Total: 325 (of 389)

Rank in course/Men: 234 (of 249)

Best time in course: 11:54

Rank in category: 25(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	12:16	6:08	23	4:53	216	6:17	2.00	12:16	6:08	9	1:14	142	6:16
Leichtathletikh	2.00	12:46	6:23	26	5:13	233	6:52	4.00	25:02	6:15	25	10:06	234	13:08