



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Horny, Frank

Club: Erfurt
Number: 245

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:24

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 198 (of 389)

Rank in course/Men: 151 (of 249)

Best time in course: 11:54

Rank in category: 38(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. | Pos Men | Behind Men | Total | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
|--------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|-------|--------|-----|--------|-----|-------------|----------------|------------|---------------|--------|
| | | | | | | | | km | Time | min/km | Pos | Behind | Pos | | | | | Behind |
| Runde | 2.00 | 11:05 | 5:32 | 42 | 4:04 | 169 | 5:06 | 2.00 | 11:05 | 5:32 | 18 | 1:19 | 204 | 5:05 | | | | |
| Leichtathletikhall | 2.00 | 10:19 | 5:09 | 33 | 2:57 | 139 | 4:25 | 4.00 | 21:24 | 5:20 | 38 | 7:01 | 151 | 9:30 | | | | |