



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.	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	11:05	5:32	42	4:04	169	5:06	2.00	11:05	5:32	18	1:19	204	5:05
Leichtathletikhalle	2.00	10:19	5:09	33	2:57	139	4:25	4.00	21:24	5:20	38	7:01	151	9:30