



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Meyer, Olaf

Club: FSV 1950 Gotha

Number: 21

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 15:42

Speed: 15.29 km/h

Running performance: 3:55 min/km

Rank in course/Total: 31 (of 389)

Rank in course/Men: 25 (of 249)

Best time in course: 11:54

Rank in category: 5 (of 63)

Best time in the category: 14:23

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	7:43	3:51	5	0:42	25	1:44	2.00	7:43	3:51	37		22	1:43
Leichtathletikhah	2.00	7:59	3:59	5	0:37	25	2:05	4.00	15:42	3:55	5	1:19	25	3:48