



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Janssen, Michael

Club: Tri-Team TV Schiefbahn

Number: 66

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 24:54

Speed: 9.64 km/h

Running performance: 6:13 min/km

Rank in course/Total: 323 (of 389)

Rank in course/Men: 232 (of 249)

Best time in course: 11:54

Rank in category: 60(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	12:44	6:21	60	5:43	229	6:45	2.00	12:44	6:21	20	2:58	124	6:44
Leichtathletikhah	2.00	12:10	6:04	55	4:48	223	6:16	4.00	24:54	6:13	60	10:31	232	13:00