



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Fritsch, Alexander

Club: LSV Lok Arnstadt

Number: 360

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Männer (20-29 Jahre)

Total time: 15:59

Speed: 15.02 km/h

Running performance: 4:00 min/km

Rank in course/Total: 34 (of 389)

Rank in course/Men: 27 (of 249)

Best time in course: 11:54

Rank in category: 5 (of 23)

Best time in the category: 11:54

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	8:21	4:10	9	2:22	48	2:22	2.00	8:21	4:10	20	0:01	27	2:21
Leichtathletikhalle	2.00	7:38	3:49	5	1:44	17	1:44	4.00	15:59	3:59	5	4:05	27	4:05