



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Eras, Jens-Uwe

Club: Erfurt
Number: 100

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 24:21

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 303 (of 389)

Rank in course/Men: 223 (of 249)

Best time in course: 11:54

Rank in category: 58(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	12:18	6:09	57	5:17	219	6:19	2.00	12:18	6:09	23	2:32	223	6:18
Leichtathletikhalle	2.00	12:03	6:01	54	4:41	221	6:09	4.00	24:21	6:05	58	9:58	223	12:27