



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ernst, Marko

Club: Erfurt

Number: 30

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:17

Speed: 12.45 km/h

Running performance: 4:49 min/km

Rank in course/Total: 109 (of 389)

Rank in course/Men: 86 (of 249)

Best time in course: 11:54

Rank in category: 19(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	9:47	4:53	18	2:46	96	3:48	2.00	9:47	4:53	25	0:01	228	3:47
Leichtathletikhalle	2.00	9:30	4:45	20	2:08	85	3:36	4.00	19:17	4:49	19	4:54	86	7:23