



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Knoll, Michael

Club: LG Bad Frankenhausen / Göllingen
Number: 285

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:59

Speed: 10.92 km/h

Running performance: 5:30 min/km

Rank in course/Total: 227 (of 389)

Rank in course/Men: 176 (of 249)

Best time in course: 11:54

Rank in category: 44(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	11:05	5:32	42	4:04	169	5:06	2.00	11:05	5:32	18	1:19	204	5:05
Leichtathletikhalle	2.00	10:54	5:27	43	3:32	170	5:00	4.00	21:59	5:29	44	7:36	176	10:05