



# 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 Mittelhungenlocher

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