



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Aßmann, Martin

Club: Laufladen Erfurt

Number: 22

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Männer (20-29 Jahre)

Total time: 25:02

Speed: 9.59 km/h

Running performance: 6:16 min/km

Rank in course/Total: 326 (of 389)

Rank in course/Men: 234 (of 249)

Best time in course: 11:54

Rank in category: 22(of 23)

Best time in the category: 11:54

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	13:01	6:30	22	7:02	238	7:02	2.00	13:01	6:30	3	4:41	233	7:01
Leichtathletikh	2.00	12:01	6:00	22	6:07	220	6:07	4.00	25:02	6:15	22	13:08	234	13:08