



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Cramer, Matthias

Club: Erfurt
Number: 136

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:24

Speed: 11.76 km/h

Running performance: 5:06 min/km

Rank in course/Total: 162 (of 389)

Rank in course/Men: 129 (of 249)

Best time in course: 11:54

Rank in category: 30(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	10:36	5:17	37	3:35	144	4:37	2.00	10:36	5:17	28	0:50	138	4:36
Leichtathletikhäl	2.00	9:48	4:54	25	2:26	103	3:54	4.00	20:24	5:05	30	6:01	129	8:30