



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Flachowsky, Gerhard

Club: MTV Hondelage

Number: 40

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M60 (60-69 Jahre)

Total time: 18:43

Speed: 12.82 km/h

Running performance: 4:41 min/km

Rank in course/Total: 90 (of 389)

Rank in course/Men: 72 (of 249)

Best time in course: 11:54

Rank in category: 2(of 6)

Best time in the category: 17:55

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	9:06	4:32	2	0:14	72	3:07	2.00	9:06	4:32	6			72	3:06
Leichtathletikh	2.00	9:37	4:48	2	0:34	90	3:43	4.00	18:43	4:40	2	0:48		72	6:49