



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sommer, Martin

Club: USV Erfurt

Number: 227

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Männer (20-29 Jahre)

Total time: 16:27

Speed: 14.59 km/h

Running performance: 4:07 min/km

Rank in course/Total: 43 (of 389)

Rank in course/Men: 36 (of 249)

Best time in course: 11:54

Rank in category: 6(of 23)

Best time in the category: 11:54

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	8:06	4:02	5	2:07	37	2:07	2.00	8:06	4:02	19		34	2:06
Leichtathletikhall	2.00	8:21	4:10	7	2:27	37	2:27	4.00	16:27	4:06	6	4:33	36	4:33