



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Mörstedt, Udo

Club: LSV Neinheilingen

Number: 345

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 17:04

Speed: 14.06 km/h

Running performance: 4:16 min/km

Rank in course/Total: 58 (of 389)

Rank in course/Men: 47 (of 249)

Best time in course: 11:54

Rank in category: 7 (of 63)

Best time in the category: 14:23

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	8:23	4:11	8	1:22	49	2:24	2.00	8:23	4:11	39		44	2:23
Leichtathletikhalle	2.00	8:41	4:20	8	1:19	51	2:47	4.00	17:04	4:15	7	2:41	47	5:10