



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hössel, Robert

Club: LTV Erfurt

Number: 314

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Männer (20-29 Jahre)

Total time: 17:30

Speed: 13.71 km/h

Running performance: 4:23 min/km

Rank in course/Total: 65 (of 389)

Rank in course/Men: 53 (of 249)

Best time in course: 11:54

Rank in category: 10(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	8:41	4:20	11	2:42	55	2:42	2.00	8:41	4:20	16	0:21	50	2:41
Leichtathletikhäl	2.00	8:49	4:24	10	2:55	55	2:55	4.00	17:30	4:22	10	5:36	53	5:36