



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Krause, Uwe

Club: Alach

Number: 121

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M50 (50-59 Jahre)

Total time: 17:29

Speed: 13.73 km/h

Running performance: 4:22 min/km

Rank in course/Total: 64 (of 389)

Rank in course/Men: 51 (of 249)

Best time in course: 11:54

Rank in category: 4(of 26)

Best time in the category: 14:56

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	8:39	4:19	4	1:16	54	2:40	2.00	8:39	4:19	24			53	2:39
Leichtathletikhah	2.00	8:50	4:25	4	1:17	56	2:56	4.00	17:29	4:22	4	2:33		51	5:35