



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Fandrei, Jörg

Club: Saalfelder LV

Number: 217

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 18:03

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 75 (of 389)

Rank in course/Men: 61 (of 249)

Best time in course: 11:54

Rank in category: 13(of 63)

Best time in the category: 14:23

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	8:47	4:23	10	1:46	58	2:48	2.00	8:47	4:23	41		54	2:47
Leichtathletikhall	2.00	9:16	4:38	14	1:54	73	3:22	4.00	18:03	4:30	13	3:40	61	6:09