



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schröder, Bernd

Club: Erfurt
Number: 151

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M60 (60-69 Jahre)

Total time: 17:55

Speed: 13.40 km/h

Running performance: 4:29 min/km

Rank in course/Total: 73 (of 389)

Rank in course/Men: 59 (of 249)

Best time in course: 11:54

Rank in category: 1 (of 6)

Best time in the category: 17:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Runde	2.00	8:52	4:26	1	-	62	2:53	2.00	8:52	4:26	2	-	55	2:52
Leichtathletikhalle	2.00	9:03	4:31	1	-	63	3:09	4.00	17:55	4:28	1	-	59	6:01