



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sander, Stephan

Club: SV Wasserthaleben

Number: 366

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Männer (20-29 Jahre)

Total time: 18:20

Speed: 13.09 km/h

Running performance: 4:35 min/km

Rank in course/Total: 83 (of 389)

Rank in course/Men: 67 (of 249)

Best time in course: 11:54

Rank in category: 12(of 23)

Best time in the category: 11:54

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	8:20	4:10	8	2:21	47	2:21	2.00	8:20	4:10	1	-	59	2:20
Leichtathletikhalle	2.00	10:00	5:00	16	4:06	120	4:06	4.00	18:20	4:34	12	6:26	67	6:26