



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Dembeck, Tino

Club: FSV 90 Henningsleben

Number: 11

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Männer (20-29 Jahre)

Total time: 18:37

Speed: 12.89 km/h

Running performance: 4:39 min/km

Rank in course/Total: 89 (of 389)

Rank in course/Men: 71 (of 249)

Best time in course: 11:54

Rank in category: 14(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	8:57	4:28	13	2:58	67	2:58	2.00	8:57	4:28	12	0:37	61	2:57
Leichtathletikhalle	2.00	9:40	4:49	15	3:46	94	3:46	4.00	18:37	4:39	14	6:43	71	6:43