



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Jahn, Mirko

Club: Lauffüchse Erfurt

Number: 28

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 19:00

Speed: 12.63 km/h

Running performance: 4:45 min/km

Rank in course/Total: 96 (of 389)

Rank in course/Men: 77 (of 249)

Best time in course: 11:54

Rank in category: 15(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 | 9:23 | 4:41 | 15 | 2:22 | 80 | 3:24 | 2.00 | 9:23 | 4:41 | 44 | | | 66 | 3:23 |
| Leichtathletikhah | 2.00 | 9:37 | 4:48 | 22 | 2:15 | 90 | 3:43 | 4.00 | 19:00 | 4:45 | 15 | 4:37 | | 77 | 7:06 |