



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 Mittelfüringen

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
Leichtathletikhäl	2.00	9:37	4:48	22	2:15	90	3:43	4.00	19:00	4:45	15	4:37	77	7:06