



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt

Number: 47

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M40 (40-49 Jahre)

Total time: 17:44

Speed: 13.53 km/h

Running performance: 4:26 min/km

Rank in course/Total: 69 (of 389)

Rank in course/Men: 57 (of 249)

Best time in course: 11:54

Rank in category: 10(of 63)

Best time in the category: 14:23

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	8:38	4:18	9	1:37	53	2:39	2.00	8:38	4:18	45		67	2:38
Leichtathletikhah	2.00	9:06	4:32	12	1:44	65	3:12	4.00	17:44	4:26	10	3:21	57	5:50