



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schale, Marcus

Club: SV Sömmerda

Number: 145

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 18:52

Speed: 12.72 km/h

Running performance: 4:43 min/km

Rank in course/Total: 94 (of 389)

Rank in course/Men: 76 (of 249)

Best time in course: 11:54

Rank in category: 6(of 32)

Best time in the category: 13:15

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	9:30	4:45	7	2:55	83	3:31	2.00	9:30	4:45	29		71	3:30
Leichtathletikhah	2.00	9:22	4:41	8	2:42	76	3:28	4.00	18:52	4:43	6	5:37	76	6:58