



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Seeber, Tobias

Club: FFLW

Number: 111

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M30 (30-39 Jahre)

Total time: 19:09

Speed: 12.53 km/h

Running performance: 4:47 min/km

Rank in course/Total: 100 (of 389)

Rank in course/Men: 80 (of 249)

Best time in course: 11:54

Rank in category: 8(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	9:54	4:57	10	3:19	103	3:55	2.00	9:54	4:57	27			74	3:54
Leichtathletikhalle	2.00	9:15	4:37	7	2:35	71	3:21	4.00	19:09	4:47	8	5:54		80	7:15