



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ritschel, Tobias

Club: Halle

Number: 18

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M30 (30-39 Jahre)

Total time: 24:27

Speed: 9.82 km/h

Running performance: 6:07 min/km

Rank in course/Total: 314 (of 389)

Rank in course/Men: 227 (of 249)

Best time in course: 11:54

Rank in category: 29(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 | 12:53 | 6:26 | 29 | 6:18 | 235 | 6:54 | 2.00 | 12:53 | 6:26 | 5 | 2:17 | 203 | 6:53 |
| Leichtathletikhalle | 2.00 | 11:34 | 5:46 | 27 | 4:54 | 208 | 5:40 | 4.00 | 24:27 | 6:06 | 29 | 11:12 | 227 | 12:33 |