



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ramsthaler, Rene

Club: Erfurt
Number: 208

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen
Mittelhungen

Category:
Männer (20-29 Jahre)

Total time: 22:47

Speed: 10.53 km/h
Running performance: 5:42 min/km

Rank in course/Total: 248 (of 389)

Rank in course/Men: 193 (of 249)

Best time in course: 11:54

Rank in category: 21(of 23)

Best time in the category: 11:54

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 | 11:31 | 5:45 | 20 | 5:32 | 191 | 5:32 | 2.00 | 11:31 | 5:45 | 4 | 3:11 | 226 | 5:31 |
| Leichtathletikhalle | 2.00 | 11:16 | 5:38 | 21 | 5:22 | 196 | 5:22 | 4.00 | 22:47 | 5:41 | 21 | 10:53 | 193 | 10:53 |