



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Adams, Ralph

Club: RW Erfurt

Number: 1066

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:25

Speed: 12.39 km/h

Running performance: 4:50 min/km

Rank in course/Total: 258 (of 618)

Rank in course/Men: 240 (of 500)

Best time in course: 31:03

Rank in category: 86(of 171)

Best time in the category: 34:32

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	9:05	4:32	61	2:27	168	3:02	2.00	9:05	4:32	162	0:35	469	0:35	
Runde	2.00	9:33	4:46	84	2:42	235	3:27	4.00	18:38	4:39	37	4:20	103	6:20	
Runde	2.00	9:57	4:58	101	2:49	277	3:43	6.00	28:35	4:45	35	6:55	100	10:03	
Runde	2.00	10:05	5:02	98	3:05	280	3:49	8.00	38:40	4:49	35	9:41	100	13:52	
Leichtathletikhalle	2.00	9:45	4:52	90	2:50	269	3:34	10.00	48:25	4:50	86	13:53	241	21:57	