



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ehrhardt, Oliver

Club: Waldläufer

Number: 1174

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:54

Speed: 12.53 km/h

Running performance: 4:47 min/km

Rank in course/Total: 242 (of 618)

Rank in course/Men: 226 (of 500)

Best time in course: 31:03

Rank in category: 54(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	9:53	4:56	54	3:08	268	3:50	2.00	9:53	4:56	15	1:25	48	1:23
Runde	2.00	9:20	4:40	49	2:25	204	3:14	4.00	19:13	4:48	26	2:04	110	6:55
Runde	2.00	9:44	4:51	58	2:39	244	3:30	6.00	28:57	4:49	26	3:05	111	10:25
Runde	2.00	9:38	4:48	53	2:31	214	3:22	8.00	38:35	4:49	26	3:56	111	13:47
Leichtathletikhäl	2.00	9:19	4:39	51	2:31	209	3:08	10.00	47:54	4:47	54	13:13	227	21:26