



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kirchberg, Ralf

Club: LG Thüringer Energie AG

Number: 1313

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:58

Speed: 13.34 km/h

Running performance: 4:30 min/km

Rank in course/Total: 154 (of 618)

Rank in course/Men: 145 (of 500)

Best time in course: 31:03

Rank in category: 55(of 171)

Best time in the category: 34:32

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	9:34	4:46	80	2:56	226	3:31	2.00	9:34	4:46	39	1:04	102	1:04
Runde	2.00	8:58	4:29	59	2:07	159	2:52	4.00	18:32	4:38	59	4:14	172	6:14
Runde	2.00	8:57	4:28	48	1:49	130	2:43	6.00	27:29	4:34	57	5:49	169	8:57
Runde	2.00	8:54	4:27	38	1:54	107	2:38	8.00	36:23	4:32	57	7:24	169	11:35
Leichtathletikhalle	2.00	8:35	4:17	37	1:40	102	2:24	10.00	44:58	4:29	55	10:26	146	18:30