



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lindenlaub, Ralf

Club: Geraberg

Number: 1345

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:09

Speed: 13.29 km/h

Running performance: 4:31 min/km

Rank in course/Total: 157 (of 618)

Rank in course/Men: 148 (of 500)

Best time in course: 31:03

Rank in category: 37(of 107)

Best time in the category: 34:41

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	9:36	4:47	51	2:51	230	3:33	2.00	9:36	4:47	23	1:08	108	1:06
Runde	2.00	8:59	4:29	38	2:04	160	2:53	4.00	18:35	4:38	3	1:26	17	6:17
Runde	2.00	8:59	4:29	34	1:54	136	2:45	6.00	27:34	4:35	40	1:42	173	9:02
Runde	2.00	8:56	4:28	27	1:49	111	2:40	8.00	36:30	4:33	40	1:51	173	11:42
Leichtathletikhalle	2.00	8:39	4:19	28	1:51	112	2:28	10.00	45:09	4:30	37	10:28	149	18:41