



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Scheel, Ronny

Club: Baldur auf Tour

Number: 1723

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:16

Speed: 10.86 km/h

Running performance: 5:32 min/km

Rank in course/Total: 485 (of 618)

Rank in course/Men: 421 (of 500)

Best time in course: 31:03

Rank in category: 150(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	11:09	5:34	153	4:31	412	5:06	2.00	11:09	5:34	51	2:39	125	2:39
Runde	2.00	10:47	5:23	150	3:56	417	4:41	4.00	21:56	5:29	75	7:38	200	9:38
Runde	2.00	11:06	5:32	146	3:58	420	4:52	6.00	33:02	5:30	73	11:22	197	14:30
Runde	2.00	11:17	5:38	150	4:17	420	5:01	8.00	44:19	5:32	73	15:20	197	19:31
Leichtathletikhah	2.00	10:57	5:28	142	4:02	405	4:46	10.00	55:16	5:31	150	20:44	422	28:48