



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Braunholz, Ralph

Club: Commerzbank Erfurt

Number: 1511

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:36

Speed: 13.16 km/h

Running performance: 4:34 min/km

Rank in course/Total: 172 (of 618)

Rank in course/Men: 160 (of 500)

Best time in course: 31:03

Rank in category: 61(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	10:02	5:00	100	3:24	281	3:59	2.00	10:02	5:00	57	1:32	140	1:32
Runde	2.00	9:09	4:34	68	2:18	177	3:03	4.00	19:11	4:47	81	4:53	216	6:53
Runde	2.00	9:08	4:33	62	2:00	164	2:54	6.00	28:19	4:43	79	6:39	213	9:47
Runde	2.00	8:59	4:29	44	1:59	118	2:43	8.00	37:18	4:39	79	8:19	213	12:30
Leichtathletikhalle	2.00	8:18	4:09	26	1:23	69	2:07	10.00	45:36	4:33	61	11:04	161	19:08