



## 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

### Detailed evaluation

**Hildebrandt, Ralf**

Club: SV Blau-Weiß Büßleben

Number: 1083

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:14

Speed: 13.26 km/h

Running performance: 4:31 min/km

Rank in course/Total: 160 (of 618)

Rank in course/Men: 150 (of 500)

Best time in course: 31:03

Rank in category: 57(of 171)

Best time in the category: 34:32

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|---------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde               | 2.00        | 9:01          | 4:30            | 58          | 2:23           | 162        | 2:58          | 2.00        | 9:01          | 4:30            | 159         | 0:31           | 463        | 0:31          |
| Runde               | 2.00        | 8:41          | 4:20            | 42          | 1:50           | 119        | 2:35          | 4.00        | 17:42         | 4:25            | 98          | 3:24           | 270        | 5:24          |
| Runde               | 2.00        | 8:48          | 4:24            | 39          | 1:40           | 108        | 2:34          | 6.00        | 26:30         | 4:25            | 96          | 4:50           | 267        | 7:58          |
| Runde               | 2.00        | 9:26          | 4:43            | 70          | 2:26           | 188        | 3:10          | 8.00        | 35:56         | 4:29            | 96          | 6:57           | 267        | 11:08         |
| Leichtathletikhalle | 2.00        | 9:18          | 4:39            | 76          | 2:23           | 206        | 3:07          | 10.00       | 45:14         | 4:31            | 57          | 10:42          | 151        | 18:46         |