



## 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

### Detailed evaluation

**Reinhardt, Ingo**

Club: Bad Salzungen

Number: 1473

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

**Total time: 44:37**

Speed: 13.45 km/h

Running performance: 4:28 min/km

Rank in course/Total: 144 (of 618)

Rank in course/Men: 136 (of 500)

Best time in course: 31:03

Rank in category: 50(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        | 8:41          | 4:20            | 51          | 2:03           | 132        | 2:38          | 2.00        | 8:41          | 4:20            | 124         | 0:11           | 345        | 0:11          |
| Runde               | 2.00        | 8:46          | 4:23            | 53          | 1:55           | 133        | 2:40          | 4.00        | 17:27         | 4:21            | 155         | 3:09           | 130        | 5:09          |
| Runde               | 2.00        | 8:58          | 4:29            | 52          | 1:50           | 134        | 2:44          | 6.00        | 26:25         | 4:24            | 36          | 4:45           | 102        | 7:53          |
| Runde               | 2.00        | 9:11          | 4:35            | 58          | 2:11           | 152        | 2:55          | 8.00        | 35:36         | 4:27            | 153         | 6:37           | 445        | 10:48         |
| Leichtathletikhalle | 2.00        | 9:01          | 4:30            | 66          | 2:06           | 162        | 2:50          | 10.00       | 44:37         | 4:27            | 50          | 10:05          | 137        | 18:09         |