



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Reinhardt, Falko**

Club: Grün Weiß Catterfeld

Number: 364

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M30 (30-39 Jahre)

Total time: 19:43

Speed: 12.17 km/h

Running performance: 4:56 min/km

Rank in course/Total: 133 (of 389)

Rank in course/Men: 104 (of 249)

Best time in course: 11:54

Rank in category: 11(of 32)

Best time in the category: 13:15

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                     |             |               |                 |             |                | 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        | 10:11         | 5:05            | 13          | 3:36           | 128         | 4:12          | 2.00          | 10:11         | 5:05            | 19          |                | 133        | 4:11          |
| Leichtathletikhalle | 2.00        | 9:32          | 4:46            | 10          | 2:52           | 86          | 3:38          | 4.00          | 19:43         | 4:55            | 11          | 6:28           | 104        | 7:49          |