



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ritschel, Tobias

Club: Halle

Number: 18

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 24:27

Speed: 9.82 km/h

Running performance: 6:07 min/km

Rank in course/Total: 314 (of 389)

Rank in course/Men: 227 (of 249)

Best time in course: 11:54

Rank in category: 29(of 32)

Best time in the category: 13:15

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	12:53	6:26	29	6:18	235	6:54	2.00	12:53	6:26	5	2:17	203	6:53
Leichtathletikh	2.00	11:34	5:46	27	4:54	208	5:40	4.00	24:27	6:06	29	11:12	227	12:33