



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ramsthaler, Rene

Club: Erfurt
Number: 208

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen
Mittelhungen

Category:
Männer (20-29 Jahre)

Total time: 22:47

Speed: 10.53 km/h
Running performance: 5:42 min/km

Rank in course/Total: 248 (of 389)

Rank in course/Men: 193 (of 249)

Best time in course: 11:54

Rank in category: 21(of 23)

Best time in the category: 11:54

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	11:31	5:45	20	5:32	191	5:32	2.00	11:31	5:45	4	3:11	226	5:31
Leichtathletikhalle	2.00	11:16	5:38	21	5:22	196	5:22	4.00	22:47	5:41	21	10:53	193	10:53