



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kroschel, Ralf-Peter

Club: Peterborn

Number: 367

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:43

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 216 (of 389)

Rank in course/Men: 167 (of 249)

Best time in course: 11:54

Rank in category: 43(of 63)

Best time in the category: 14:23

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	10:48	5:24	39	3:47	153	4:49	2.00	10:48	5:24	30	1:02	193	4:48
Leichtathletikhalle	2.00	10:55	5:27	44	3:33	171	5:01	4.00	21:43	5:25	43	7:20	167	9:49