



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stauche, Ronny

Club: Ettenhausen

Number: 1529

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 40:50

Speed: 14.69 km/h

Running performance: 4:05 min/km

Rank in course/Total: 55 (of 618)

Rank in course/Men: 50 (of 500)

Best time in course: 31:03

Rank in category: 16(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	7:58	3:59	19	1:20	60	1:55	2.00	7:58	3:59	145		421	
Runde	2.00	8:05	4:02	16	1:14	50	1:59	4.00	16:03	4:00	13	1:45	38	3:45
Runde	2.00	8:15	4:07	15	1:07	52	2:01	6.00	24:18	4:02	13	2:38	38	5:46
Runde	2.00	8:20	4:10	16	1:20	51	2:04	8.00	32:38	4:04	13	3:39	38	7:50
Leichtathletikhalle	2.00	8:12	4:05	20	1:17	58	2:01	10.00	40:50	4:05	16	6:18	51	14:22