



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Fenderl, Ralph

Club: LTV Erfurt

Number: 1338

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 40:51

Speed: 14.69 km/h

Running performance: 4:05 min/km

Rank in course/Total: 57 (of 618)

Rank in course/Men: 52 (of 500)

Best time in course: 31:03

Rank in category: 18(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	7:38	3:49	12	1:00	42	1:35	2.00	7:38	3:49	14			36
Runde	2.00	8:04	4:01	15	1:13	48	1:58	4.00	15:42	3:55	22	1:24	69	3:24
Runde	2.00	8:22	4:11	19	1:14	63	2:08	6.00	24:04	4:00	21	2:24	67	5:32
Runde	2.00	8:27	4:13	19	1:27	58	2:11	8.00	32:31	4:03	21	3:32	67	7:43
Leichtathletikhalle	2.00	8:20	4:10	28	1:25	73	2:09	10.00	40:51	4:05	18	6:19	53	14:23