



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Adams, Ralph

Club: RW Erfurt

Number: 1066

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:25

Speed: 12.39 km/h

Running performance: 4:50 min/km

Rank in course/Total: 258 (of 618)

Rank in course/Men: 240 (of 500)

Best time in course: 31:03

Rank in category: 86(of 171)

Best time in the category: 34:32

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 | 9:05 | 4:32 | 61 | 2:27 | 168 | 3:02 | 2.00 | 9:05 | 4:32 | 162 | 0:35 | 469 | 0:35 | |
| Runde | 2.00 | 9:33 | 4:46 | 84 | 2:42 | 235 | 3:27 | 4.00 | 18:38 | 4:39 | 37 | 4:20 | 103 | 6:20 | |
| Runde | 2.00 | 9:57 | 4:58 | 101 | 2:49 | 277 | 3:43 | 6.00 | 28:35 | 4:45 | 35 | 6:55 | 100 | 10:03 | |
| Runde | 2.00 | 10:05 | 5:02 | 98 | 3:05 | 280 | 3:49 | 8.00 | 38:40 | 4:49 | 35 | 9:41 | 100 | 13:52 | |
| Leichtathletikhalle | 2.00 | 9:45 | 4:52 | 90 | 2:50 | 269 | 3:34 | 10.00 | 48:25 | 4:50 | 86 | 13:53 | 241 | 21:57 | |