



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schubert, Ralf

Club: Vacha

Number: 1554

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:43

Speed: 12.84 km/h

Running performance: 4:40 min/km

Rank in course/Total: 204 (of 618)

Rank in course/Men: 190 (of 500)

Best time in course: 31:03

Rank in category: 45 (of 107)

Best time in the category: 34:41

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	9:39	4:49	52	2:54	248	3:36	2.00	9:39	4:49	13	1:11	57	1:09
Runde	2.00	9:08	4:33	41	2:13	174	3:02	4.00	18:47	4:41	23	1:38	104	6:29
Runde	2.00	9:14	4:36	44	2:09	180	3:00	6.00	28:01	4:40	23	2:09	93	9:29
Runde	2.00	9:25	4:42	44	2:18	181	3:09	8.00	37:26	4:40	23	2:47	101	12:38
Leichtathletikhalle	2.00	9:17	4:38	49	2:29	204	3:06	10.00	46:43	4:40	45	12:02	191	20:15