



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Ehrhardt, Oliver**

Club: Waldläufer

Number: 1174

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:54

Speed: 12.53 km/h

Running performance: 4:47 min/km

Rank in course/Total: 242 (of 618)

Rank in course/Men: 226 (of 500)

Best time in course: 31:03

Rank in category: 54(of 107)

Best time in the category: 34:41

### Intermediate times

### Stage score

### Total ranking

| Control             | Split |      | Pos  | Behind | Stage score |      | Pos  | Behind | Total |      | Pos | Behind | Total ranking |       |
|---------------------|-------|------|------|--------|-------------|------|------|--------|-------|------|-----|--------|---------------|-------|
|                     | km    | Time |      |        | min/km      | Cat. |      |        | Men   | Men  |     |        | km            | Time  |
| Runde               | 2.00  | 9:53 | 4:56 | 54     | 3:08        | 268  | 3:50 | 2.00   | 9:53  | 4:56 | 15  | 1:25   | 48            | 1:23  |
| Runde               | 2.00  | 9:20 | 4:40 | 49     | 2:25        | 204  | 3:14 | 4.00   | 19:13 | 4:48 | 26  | 2:04   | 110           | 6:55  |
| Runde               | 2.00  | 9:44 | 4:51 | 58     | 2:39        | 244  | 3:30 | 6.00   | 28:57 | 4:49 | 26  | 3:05   | 111           | 10:25 |
| Runde               | 2.00  | 9:38 | 4:48 | 53     | 2:31        | 214  | 3:22 | 8.00   | 38:35 | 4:49 | 26  | 3:56   | 111           | 13:47 |
| Leichtathletikhalle | 2.00  | 9:19 | 4:39 | 51     | 2:31        | 209  | 3:08 | 10.00  | 47:54 | 4:47 | 54  | 13:13  | 227           | 21:26 |