



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ludwig, Hans-Eberhard

Club: Erfurt

Number: 1164

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M60 (60-69 Jahre)

Total time: 45:54

Speed: 13.07 km/h

Running performance: 4:35 min/km

Rank in course/Total: 180 (of 618)

Rank in course/Men: 168 (of 500)

Best time in course: 31:03

Rank in category: 3(of 20)

Best time in the category: 41:59

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	9:19	4:39	4	3:04	191	3:16	2.00	9:19	4:39	20			492	0:49
Runde	2.00	9:03	4:31	4	2:57	167	2:57	4.00	18:22	4:35	18			146	6:04
Runde	2.00	9:19	4:39	4	2:54	188	3:05	6.00	27:41	4:36	18			143	9:09
Runde	2.00	9:17	4:38	4	2:45	165	3:01	8.00	36:58	4:37	18			143	12:10
Leichtathletikhalle	2.00	8:56	4:28	3	0:33	150	2:45	10.00	45:54	4:35	3	3:55		169	19:26