



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 |