



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Lindenlaub, Ralf**

Club: Geraberg

Number: 1345

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:09

Speed: 13.29 km/h

Running performance: 4:31 min/km

Rank in course/Total: 157 (of 618)

Rank in course/Men: 148 (of 500)

Best time in course: 31:03

Rank in category: 37(of 107)

Best time in the category: 34:41

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                     |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde               | 2.00        | 9:36          | 4:47            | 51          | 2:51           | 230         | 3:33          | 2.00          | 9:36          | 4:47            | 23          | 1:08           | 108        | 1:06          |
| Runde               | 2.00        | 8:59          | 4:29            | 38          | 2:04           | 160         | 2:53          | 4.00          | 18:35         | 4:38            | 3           | 1:26           | 17         | 6:17          |
| Runde               | 2.00        | 8:59          | 4:29            | 34          | 1:54           | 136         | 2:45          | 6.00          | 27:34         | 4:35            | 40          | 1:42           | 173        | 9:02          |
| Runde               | 2.00        | 8:56          | 4:28            | 27          | 1:49           | 111         | 2:40          | 8.00          | 36:30         | 4:33            | 40          | 1:51           | 173        | 11:42         |
| Leichtathletikhalle | 2.00        | 8:39          | 4:19            | 28          | 1:51           | 112         | 2:28          | 10.00         | 45:09         | 4:30            | 37          | 10:28          | 149        | 18:41         |