



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Flämmich, Ralf

Club: Heilbronn

Number: 1134

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:53

Speed: 13.37 km/h

Running performance: 4:29 min/km

Rank in course/Total: 153 (of 618)

Rank in course/Men: 143 (of 500)

Best time in course: 31:03

Rank in category: 53(of 171)

Best time in the category: 34:32

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	8:59	4:29	57	2:21	158	2:56	2.00	8:59	4:29	158	0:29	459	0:29
Runde	2.00	8:53	4:26	56	2:02	148	2:47	4.00	17:52	4:28	67	3:34	185	5:34
Runde	2.00	8:59	4:29	53	1:51	136	2:45	6.00	26:51	4:28	65	5:11	182	8:19
Runde	2.00	9:14	4:36	63	2:14	159	2:58	8.00	36:05	4:30	65	7:06	182	11:17
Leichtathletikhalle	2.00	8:48	4:24	51	1:53	132	2:37	10.00	44:53	4:29	53	10:21	144	18:25