



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Scheel, Ronny

Club: Baldur auf Tour

Number: 1723

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:16

Speed: 10.86 km/h

Running performance: 5:32 min/km

Rank in course/Total: 485 (of 618)

Rank in course/Men: 421 (of 500)

Best time in course: 31:03

Rank in category: 150(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 | 11:09 | 5:34 | 153 | 4:31 | 412 | 5:06 | 2.00 | 11:09 | 5:34 | 51 | 2:39 | 125 | 2:39 |
| Runde | 2.00 | 10:47 | 5:23 | 150 | 3:56 | 417 | 4:41 | 4.00 | 21:56 | 5:29 | 75 | 7:38 | 200 | 9:38 |
| Runde | 2.00 | 11:06 | 5:32 | 146 | 3:58 | 420 | 4:52 | 6.00 | 33:02 | 5:30 | 73 | 11:22 | 197 | 14:30 |
| Runde | 2.00 | 11:17 | 5:38 | 150 | 4:17 | 420 | 5:01 | 8.00 | 44:19 | 5:32 | 73 | 15:20 | 197 | 19:31 |
| Leichtathletikhalle | 2.00 | 10:57 | 5:28 | 142 | 4:02 | 405 | 4:46 | 10.00 | 55:16 | 5:31 | 150 | 20:44 | 422 | 28:48 |