



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Witt, Ronalt

Club: Oldisleben

Number: 1005

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:31

Speed: 12.12 km/h

Running performance: 4:57 min/km

Rank in course/Total: 296 (of 618)

Rank in course/Men: 270 (of 500)

Best time in course: 31:03

Rank in category: 92(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	9:44	4:51	88	3:06	251	3:41	2.00	9:44	4:51	56	1:14	52	1:14
Runde	2.00	9:37	4:48	88	2:46	245	3:31	4.00	19:21	4:50	80	5:03	215	7:03
Runde	2.00	9:57	4:58	101	2:49	277	3:43	6.00	29:18	4:53	78	7:38	212	10:46
Runde	2.00	10:08	5:03	102	3:08	286	3:52	8.00	39:26	4:55	78	10:27	212	14:38
Leichtathletikhalle	2.00	10:05	5:02	108	3:10	310	3:54	10.00	49:31	4:57	92	14:59	271	23:03