



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rückert, Jens

Club: Arnstadt

Number: 1014

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:52

Speed: 13.08 km/h

Running performance: 4:35 min/km

Rank in course/Total: 179 (of 618)

Rank in course/Men: 166 (of 500)

Best time in course: 31:03

Rank in category: 64 (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	9:24	4:42	71	2:46	200	3:21	2.00	9:24	4:42	35	0:54	89	0:54
Runde	2.00	9:07	4:33	65	2:16	172	3:01	4.00	18:31	4:37	90	4:13	249	6:13
Runde	2.00	9:01	4:30	57	1:53	146	2:47	6.00	27:32	4:35	88	5:52	246	9:00
Runde	2.00	9:22	4:41	66	2:22	175	3:06	8.00	36:54	4:36	88	7:55	246	12:06
Leichtathletikhalle	2.00	8:58	4:29	65	2:03	158	2:47	10.00	45:52	4:35	64	11:20	167	19:24