



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hildebrandt, Ralf

Club: SV Blau-Weiß Büßleben

Number: 1083

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:14

Speed: 13.26 km/h

Running performance: 4:31 min/km

Rank in course/Total: 160 (of 618)

Rank in course/Men: 150 (of 500)

Best time in course: 31:03

Rank in category: 57(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	9:01	4:30	58	2:23	162	2:58	2.00	9:01	4:30	159	0:31	463	0:31
Runde	2.00	8:41	4:20	42	1:50	119	2:35	4.00	17:42	4:25	98	3:24	270	5:24
Runde	2.00	8:48	4:24	39	1:40	108	2:34	6.00	26:30	4:25	96	4:50	267	7:58
Runde	2.00	9:26	4:43	70	2:26	188	3:10	8.00	35:56	4:29	96	6:57	267	11:08
Leichtathletikhalle	2.00	9:18	4:39	76	2:23	206	3:07	10.00	45:14	4:31	57	10:42	151	18:46