



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Reinhardt, Ingo

Club: Bad Salzungen

Number: 1473

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:37

Speed: 13.45 km/h

Running performance: 4:28 min/km

Rank in course/Total: 144 (of 618)

Rank in course/Men: 136 (of 500)

Best time in course: 31:03

Rank in category: 50(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	8:41	4:20	51	2:03	132	2:38	2.00	8:41	4:20	124	0:11	345	0:11
Runde	2.00	8:46	4:23	53	1:55	133	2:40	4.00	17:27	4:21	155	3:09	130	5:09
Runde	2.00	8:58	4:29	52	1:50	134	2:44	6.00	26:25	4:24	36	4:45	102	7:53
Runde	2.00	9:11	4:35	58	2:11	152	2:55	8.00	35:36	4:27	153	6:37	445	10:48
Leichtathletikhalle	2.00	9:01	4:30	66	2:06	162	2:50	10.00	44:37	4:27	50	10:05	137	18:09