



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stark, Ralf

Club: Arnstadt

Number: 1730

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:48

Speed: 12.05 km/h

Running performance: 4:59 min/km

Rank in course/Total: 307 (of 618)

Rank in course/Men: 279 (of 500)

Best time in course: 31:03

Rank in category: 97(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	10:11	5:05	107	3:33	297	4:08	2.00	10:11	5:05	126	1:41	81	1:41
Runde	2.00	9:51	4:55	103	3:00	287	3:45	4.00	20:02	5:00	143	5:44	414	7:44
Runde	2.00	9:50	4:55	89	2:42	255	3:36	6.00	29:52	4:58	155	8:12	450	11:20
Runde	2.00	10:02	5:00	94	3:02	273	3:46	8.00	39:54	4:59	155	10:55	450	15:06
Leichtathletikhalle	2.00	9:54	4:57	98	2:59	288	3:43	10.00	49:48	4:58	97	15:16	280	23:20