



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ehrhardt, Ronny

Club: Herbsleben

Number: 1152

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:16

Speed: 13.55 km/h

Running performance: 4:26 min/km

Rank in course/Total: 134 (of 618)

Rank in course/Men: 125 (of 500)

Best time in course: 31:03

Rank in category: 30(of 107)

Best time in the category: 34:41

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	8:34	4:16	26	1:49	108	2:31	2.00	8:34	4:16	4	0:06	11	0:04
Runde	2.00	8:50	4:25	32	1:55	141	2:44	4.00	17:24	4:20	103	0:15	67	5:06
Runde	2.00	9:03	4:31	37	1:58	151	2:49	6.00	26:27	4:24	103	0:35	468	7:55
Runde	2.00	9:05	4:32	32	1:58	134	2:49	8.00	35:32	4:26	103	0:53	102	10:44
Leichtathletikhalle	2.00	8:44	4:21	31	1:56	125	2:33	10.00	44:16	4:25	30	9:35	126	17:48