



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                     |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |