



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Walentin, Peter

Club: SLG Bad Langensalza
Number: 1546

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:49

Speed: 13.10 km/h

Running performance: 4:35 min/km

Rank in course/Total: 177 (of 618)

Rank in course/Men: 165 (of 500)

Best time in course: 31:03

Rank in category: 63(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	8:34	4:16	38	1:56	108	2:31	2.00	8:34	4:16	27	0:04	11	0:04
Runde	2.00	9:06	4:32	63	2:15	169	3:00	4.00	17:40	4:25	48	3:22	144	5:22
Runde	2.00	9:21	4:40	71	2:13	193	3:07	6.00	27:01	4:30	46	5:21	141	8:29
Runde	2.00	9:28	4:44	73	2:28	196	3:12	8.00	36:29	4:33	46	7:30	141	11:41
Leichtathletikhalle	2.00	9:20	4:40	77	2:25	211	3:09	10.00	45:49	4:34	63	11:17	166	19:21