



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Peter, Uwe

Club: Erfurt
Number: 1455

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:16

Speed: 12.97 km/h

Running performance: 4:38 min/km

Rank in course/Total: 186 (of 618)

Rank in course/Men: 174 (of 500)

Best time in course: 31:03

Rank in category: 68(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	2.00	10:04	5:01	102	3:26	284	4:01	2.00	10:04	5:01	36	1:34	59	1:34				
Runde	2.00	9:00	4:30	60	2:09	162	2:54	4.00	19:04	4:46	56	4:46	97	6:46				
Runde	2.00	9:12	4:35	65	2:04	174	2:58	6.00	28:16	4:42	54	6:36	152	9:44				
Runde	2.00	9:09	4:34	56	2:09	143	2:53	8.00	37:25	4:40	54	8:26	152	12:37				
Leichtathletikhah	2.00	8:51	4:25	56	1:56	141	2:40	10.00	46:16	4:37	68	11:44	175	19:48				