



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hepner, Peter

Club: LTV - Erfurt

Number: 1056

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 58:39

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 550 (of 618)

Rank in course/Men: 462 (of 500)

Best time in course: 31:03

Rank in category: 159(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 km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde | 2.00 | 11:46 | 5:53 | 157 | 5:08 | 451 | 5:43 | 2.00 | 11:46 | 5:53 | 109 | 3:16 | 295 | 3:16 |
| Runde | 2.00 | 11:33 | 5:46 | 160 | 4:42 | 469 | 5:27 | 4.00 | 23:19 | 5:49 | 138 | 9:01 | 282 | 11:01 |
| Runde | 2.00 | 11:51 | 5:55 | 161 | 4:43 | 470 | 5:37 | 6.00 | 35:10 | 5:51 | 136 | 13:30 | 299 | 16:38 |
| Runde | 2.00 | 11:47 | 5:53 | 158 | 4:47 | 446 | 5:31 | 8.00 | 46:57 | 5:52 | 127 | 17:58 | 364 | 22:09 |
| Leichtathletikhalle | 2.00 | 11:42 | 5:50 | 158 | 4:47 | 454 | 5:31 | 10.00 | 58:39 | 5:51 | 159 | 24:07 | 463 | 32:11 |