



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Peschke, Steffen

Club: PDV Power Runners

Number: 1316

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:17

Speed: 13.86 km/h

Running performance: 4:20 min/km

Rank in course/Total: 104 (of 618)

Rank in course/Men: 97 (of 500)

Best time in course: 31:03

Rank in category: 36(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				
Runde	2.00	8:08	4:03	23	1:30	72	2:05	2.00	8:08	4:03	149					433	
Runde	2.00	8:39	4:19	40	1:48	113	2:33	4.00	16:47	4:11	6	2:29	12	4:29			
Runde	2.00	8:54	4:27	44	1:46	120	2:40	6.00	25:41	4:16	6	4:01	12	7:09			
Runde	2.00	8:57	4:28	41	1:57	114	2:41	8.00	34:38	4:19	6	5:39	12	9:50			
Leichtathletikhah	2.00	8:39	4:19	41	1:44	112	2:28	10.00	43:17	4:19	36	8:45	98	16:49			