



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Malolepsy, Veit

Club: USV Erfurt

Number: 1297

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 41:10

Speed: 14.57 km/h

Running performance: 4:07 min/km

Rank in course/Total: 62 (of 618)

Rank in course/Men: 57 (of 500)

Best time in course: 31:03

Rank in category: 20(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	7:49	3:54	17	1:11	50	1:46	2.00	7:49	3:54	11		24	
Runde	2.00	8:11	4:05	22	1:20	61	2:05	4.00	16:00	4:00	19	1:42	19	3:42
Runde	2.00	8:22	4:11	19	1:14	63	2:08	6.00	24:22	4:03	19	2:42	45	5:50
Runde	2.00	8:33	4:16	23	1:33	70	2:17	8.00	32:55	4:06	19	3:56	45	8:07
Leichtathletikhah	2.00	8:15	4:07	25	1:20	68	2:04	10.00	41:10	4:06	20	6:38	58	14:42