



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Andres, Peter

Club: Eisenacher Leichtathletik Verein

Number: 1894

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 40:50

Speed: 14.69 km/h

Running performance: 4:05 min/km

Rank in course/Total: 56 (of 618)

Rank in course/Men: 50 (of 500)

Best time in course: 31:03

Rank in category: 16(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	7:57	3:58	18	1:19	57	1:54	2.00	7:57	3:58	144			418	
Runde	2.00	8:07	4:03	17	1:16	53	2:01	4.00	16:04	4:00	30	1:46	85	3:46	
Runde	2.00	8:15	4:07	15	1:07	52	2:01	6.00	24:19	4:03	29	2:39	74	5:47	
Runde	2.00	8:19	4:09	15	1:19	49	2:03	8.00	32:38	4:04	13	3:39	38	7:50	
Leichtathletikhalle	2.00	8:12	4:05	20	1:17	58	2:01	10.00	40:50	4:05	16	6:18	51	14:22	