



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Plaschke, Peter

Club: LTV Erfurt

Number: 1023

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 39:40

Speed: 15.13 km/h

Running performance: 3:58 min/km

Rank in course/Total: 40 (of 618)

Rank in course/Men: 37 (of 500)

Best time in course: 31:03

Rank in category: 10(of 107)

Best time in the category: 34:41

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	7:22	3:40	7	0:37	29	1:19	2.00	7:22	3:40	86		414	
Runde	2.00	7:58	3:59	10	1:03	40	1:52	4.00	15:20	3:50	28		127	3:02
Runde	2.00	8:05	4:02	10	1:00	41	1:51	6.00	23:25	3:54	28		124	4:53
Runde	2.00	8:10	4:04	10	1:03	40	1:54	8.00	31:35	3:56	28		124	6:47
Leichtathletikhalle	2.00	8:05	4:02	12	1:17	48	1:54	10.00	39:40	3:57	10	4:59	38	13:12