



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Peter, Uwe

Club: Erfurt
Number: 1455

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:16

Speed: 12.97 km/h

Running performance: 4:38 min/km

Rank in course/Total: 186 (of 618)

Rank in course/Men: 174 (of 500)

Best time in course: 31:03

Rank in category: 68(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 | 10:04 | 5:01 | 102 | 3:26 | 284 | 4:01 | 2.00 | 10:04 | 5:01 | 36 | 1:34 | 59 | 1:34 |
| Runde | 2.00 | 9:00 | 4:30 | 60 | 2:09 | 162 | 2:54 | 4.00 | 19:04 | 4:46 | 56 | 4:46 | 97 | 6:46 |
| Runde | 2.00 | 9:12 | 4:35 | 65 | 2:04 | 174 | 2:58 | 6.00 | 28:16 | 4:42 | 54 | 6:36 | 152 | 9:44 |
| Runde | 2.00 | 9:09 | 4:34 | 56 | 2:09 | 143 | 2:53 | 8.00 | 37:25 | 4:40 | 54 | 8:26 | 152 | 12:37 |
| Leichtathletikhah | 2.00 | 8:51 | 4:25 | 56 | 1:56 | 141 | 2:40 | 10.00 | 46:16 | 4:37 | 68 | 11:44 | 175 | 19:48 |