



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rzepka, Peter

Club: Erfurt
Number: 1415

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:03

Speed: 11.75 km/h

Running performance: 5:07 min/km

Rank in course/Total: 343 (of 618)

Rank in course/Men: 311 (of 500)

Best time in course: 31:03

Rank in category: 109(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	11:51	5:55	159	5:13	461	5:48	2.00	11:51	5:55	45	3:21	115	3:21
Runde	2.00	10:13	5:06	125	3:22	353	4:07	4.00	22:04	5:30	69	7:46	190	9:46
Runde	2.00	9:53	4:56	91	2:45	262	3:39	6.00	31:57	5:19	67	10:17	187	13:25
Runde	2.00	9:45	4:52	83	2:45	239	3:29	8.00	41:42	5:12	67	12:43	187	16:54
Leichtathletikhalle	2.00	9:21	4:40	78	2:26	215	3:10	10.00	51:03	5:06	109	16:31	312	24:35