



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Flock, Peter

Club: GMRV

Number: 1266

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 58:05

Speed: 10.33 km/h

Running performance: 5:49 min/km

Rank in course/Total: 540 (of 618)

Rank in course/Men: 456 (of 500)

Best time in course: 31:03

Rank in category: 157(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	11:47	5:53	158	5:09	452	5:44	2.00	11:47	5:53	74	3:17	195	3:17
Runde	2.00	11:24	5:42	157	4:33	455	5:18	4.00	23:11	5:47	100	8:53	284	10:53
Runde	2.00	11:50	5:55	160	4:42	469	5:36	6.00	35:01	5:50	98	13:21	279	16:29
Runde	2.00	12:37	6:18	165	5:37	482	6:21	8.00	47:38	5:57	98	18:39	281	22:50
Leichtathletikhalle	2.00	10:27	5:13	124	3:32	357	4:16	10.00	58:05	5:48	157	23:33	457	31:37