



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hepner, Peter

Club: LTV - Erfurt

Number: 1056

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 58:39

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 550 (of 618)

Rank in course/Men: 462 (of 500)

Best time in course: 31:03

Rank in category: 159(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:46	5:53	157	5:08	451	5:43	2.00	11:46	5:53	109	3:16	295	3:16
Runde	2.00	11:33	5:46	160	4:42	469	5:27	4.00	23:19	5:49	138	9:01	282	11:01
Runde	2.00	11:51	5:55	161	4:43	470	5:37	6.00	35:10	5:51	136	13:30	299	16:38
Runde	2.00	11:47	5:53	158	4:47	446	5:31	8.00	46:57	5:52	127	17:58	364	22:09
Leichtathletikhalle	2.00	11:42	5:50	158	4:47	454	5:31	10.00	58:39	5:51	159	24:07	463	32:11