



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Walentin, Peter

Club: SLG Bad Langensalza

Number: 1466

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 45:23

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 166 (of 686)

Rank in course/Men: 152 (of 543)

Best time in course: 29:39

Rank in category: 19(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	9:32	4:46	27	1:57	192	3:30	2.00	9:32	4:46	16	1:57	91	3:30	
Runde	2.00	8:48	4:24	13	0:51	131	2:51	4.00	18:20	4:34	16	2:45	130	6:21	
Runde	2.00	9:03	4:31	19	0:56	146	3:08	6.00	27:23	4:33	16	3:41	129	9:29	
Runde	2.00	9:12	4:35	18	1:08	151	3:17	8.00	36:35	4:34	16	4:49	128	12:46	
Leichtathletikhaf	2.00	8:48	4:24	11	0:53	129	2:58	10.00	45:23	4:32	19	5:42	152	15:44	