



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Rzepka, Peter

Club: Erfurt

Number: 1335

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:18

Speed: 12.96 km/h

Running performance: 4:38 min/km

Rank in course/Total: 194 (of 686)

Rank in course/Men: 176 (of 543)

Best time in course: 29:39

Rank in category: 62(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:46	4:53	75	2:35	227	3:44	2.00	9:46	4:53	65	1:47	178	3:44
Runde	2.00	9:11	4:35	68	1:51	193	3:14	4.00	18:57	4:44	132	1:41	188	6:58
Runde	2.00	9:10	4:34	55	1:35	169	3:15	6.00	28:07	4:41	131	6:01	391	10:13
Runde	2.00	9:12	4:35	53	1:27	151	3:17	8.00	37:19	4:39	130	7:28	390	13:30
Leichtathletikhah	2.00	8:59	4:29	58	1:31	165	3:09	10.00	46:18	4:37	62	8:51	176	16:39