



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Rzepka, Peter

Club: Erfurt

Number: 1088

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:24

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 330 (of 637)

Rank in course/Men: 296 (of 493)

Best time in course: 31:35

Rank in category: 80(of 135)

Best time in the category: 33:35

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 Langstrec	2.00	11:43	5:51	106	5:15	397	5:26	2.00	11:43	5:51	63	5:15	212	5:26
Runde Langstrec	2.00	10:17	5:08	80	3:35	296	3:54	4.00	22:00	5:30	102	8:50	275	9:20
Runde Langstrec	2.00	10:10	5:04	75	3:18	258	3:42	6.00	32:10	5:21	113	12:08	402	13:02
Runde Langstrec	2.00	10:10	5:04	73	3:24	250	3:46	8.00	42:20	5:17	111	15:32	398	16:48
Leichtathletikh	2.00	10:04	5:01	79	3:17	274	4:01	10.00	52:24	5:14	80	18:49	296	20:49