



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Fricke, Uwe

Club: Erfurt

Number: 340

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 22:49

Speed: 10.52 km/h

Running performance: 5:42 min/km

Rank in course/Total: 246 (of 446)

Rank in course/Men: 181 (of 278)

Best time in course: 12:07

Rank in category: 17(of 35)

Best time in the category: 15:26

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 Kurzstrecke	2.00	11:33	5:46	17	3:56	185	5:25	2.00	11:33	5:46	8		190	5:25
Leichtathletikhalle	2.00	11:16	5:38	16	3:27	191	5:17	4.00	22:49	5:42	17	7:23	181	10:42