



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Feller, Frank**

Club: Erfurt  
Number: 385

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M50 (50-59 Jahre)

Total time: 23:20

Speed: 10.29 km/h

Running performance: 5:50 min/km

Rank in course/Total: 264 (of 389)

Rank in course/Men: 203 (of 249)

Best time in course: 11:54

Rank in category: 20(of 26)

Best time in the category: 14:56

### Intermediate times

### Stage score

### Total ranking

| Control            | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|--------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                    |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde              | 2.00        | 11:33         | 5:46            | 20          | 4:10           | 192         | 5:34          | 2.00          | 11:33         | 5:46            | 15          | 0:31           | 140        | 5:33          |
| Leichtathletikhall | 2.00        | 11:47         | 5:53            | 20          | 4:14           | 213         | 5:53          | 4.00          | 23:20         | 5:49            | 20          | 8:24           | 203        | 11:26         |