



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Fricke, Uwe

Club: Badmintonclub 92 e.V.

Number: 212

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:38

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 211 (of 389)

Rank in course/Men: 162 (of 249)

Best time in course: 11:54

Rank in category: 15 (of 26)

Best time in the category: 14:56

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	2.00	11:06	5:32	18	3:43	172	5:07	2.00	11:06	5:32	6	0:04	160	5:06
Leichtathletikhäl	2.00	10:32	5:15	12	2:59	148	4:38	4.00	21:38	5:24	15	6:42	162	9:44