



## 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

### Detailed evaluation

**Grucza, Frank-Peter**

Club: Lauffreunde Gotha

Number: 1874

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:43

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 305 (of 618)

Rank in course/Men: 275 (of 500)

Best time in course: 31:03

Rank in category: 42(of 89)

Best time in the category: 36:19

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | 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        | 10:53         | 5:26            | 66          | 3:53           | 389        | 4:50          | 2.00        | 10:53         | 5:26            | 50          | 2:29           | 383        | 2:23          |
| Runde               | 2.00        | 9:53          | 4:56            | 45          | 2:35           | 291        | 3:47          | 4.00        | 20:46         | 5:11            | 26          | 0:05           | 220        | 8:28          |
| Runde               | 2.00        | 9:51          | 4:55            | 37          | 2:30           | 258        | 3:37          | 6.00        | 30:37         | 5:06            | 26          |                | 249        | 12:05         |
| Runde               | 2.00        | 9:44          | 4:51            | 29          | 2:23           | 233        | 3:28          | 8.00        | 40:21         | 5:02            | 26          |                | 487        | 15:33         |
| Leichtathletikhalle | 2.00        | 9:22          | 4:41            | 27          | 2:03           | 220        | 3:11          | 10.00       | 49:43         | 4:58            | 42          | 13:24          | 276        | 23:15         |