



# 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 Mittelhungen

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<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        | 11:06         | 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          |