



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 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	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	