



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Fricke, Uwe

Club: Badmintonclub 92 e.V.

Number: 307

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:09

Speed: 11.35 km/h

Running performance: 5:17 min/km

Rank in course/Total: 221 (of 477)

Rank in course/Men: 172 (of 315)

Best time in course: 12:17

Rank in category: 19(of 35)

Best time in the category: 15:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	10:43	5:21	18	4:26	167	4:43	2.00	10:43	5:21	1	-	119	4:43	
Leichtathletikh	2.00	10:26	5:13	19	2:44	180	4:12	4.00	21:09	5:17	19	5:58	172	8:52	