



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Grucza, Frank-Peter

Club: Lauffreunde Gotha

Number: 981

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:07

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 296 (of 686)

Rank in course/Men: 269 (of 543)

Best time in course: 29:39

Rank in category: 42(of 107)

Best time in the category: 39:41

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	10:41	5:20	63	3:06	354	4:39	2.00	10:41	5:20	26	3:06	206	4:39
Runde	2.00	9:36	4:47	38	1:39	265	3:39	4.00	20:17	5:04	26	4:42	204	8:18
Runde	2.00	9:38	4:48	37	1:31	251	3:43	6.00	29:55	4:59	26	6:13	203	12:01
Runde	2.00	9:48	4:54	39	1:44	257	3:53	8.00	39:43	4:57	26	7:57	194	15:54
Leichtathletikhaf	2.00	9:24	4:42	36	1:29	234	3:34	10.00	49:07	4:54	42	9:26	269	19:28