



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Grucza, Frank-Peter

Club: Lauffreunde Gotha

Number: 51

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 33:27

Speed: 7.17 km/h

Running performance: 8:22 min/km

Rank in course/Total: 444 (of 446)

Rank in course/Men: 276 (of 278)

Best time in course: 12:07

Rank in category: 35(of 35)

Best time in the category: 15:26

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde Kurzstrecke	2.00	16:21	8:10	35	8:44	276	10:13	2.00	16:21	8:10	1	-	195	10:13
Leichtathletikhalle	2.00	17:06	8:33	35	9:17	276	11:07	4.00	33:27	8:21	35	18:01	276	21:20