



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Fricke, Uwe

Club: Erfurt
Number: 340

Course: 4.00 km
Pokal der Sparkasse Mittelthüringen

Category:
Senioren M50 (50-59 Jahre)

Total time: 22:49

Speed: 10.52 km/h
Running performance: 5:42 min/km

Rank in course/Total: 246 (of 446)

Rank in course/Men: 181 (of 278)

Best time in course: 12:07

Rank in category: 17(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 | 11:33 | 5:46 | 17 | 3:56 | 185 | 5:25 | 2.00 | 11:33 | 5:46 | 8 | | 190 | 5:25 |
| Leichtathletikhalle | 2.00 | 11:16 | 5:38 | 16 | 3:27 | 191 | 5:17 | 4.00 | 22:49 | 5:42 | 17 | 7:23 | 181 | 10:42 |