



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bodenstein, Lars

Club: Edith-Stein-Schule Erfurt

Number: 1414

Course: 10.00 km

Vintage VDB Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 52:22

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 328 (of 637)

Rank in course/Men: 294 (of 493)

Best time in course: 31:35

Rank in category: 13(of 21)

Best time in the category: 33:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	10:38	5:18	16	4:21	285	4:21	2.00	10:38	5:18	6	0:06	136	4:21
Runde Langstrec	2.00	10:26	5:13	15	3:56	320	4:03	4.00	21:04	5:15	6		234	8:24
Runde Langstrec	2.00	10:45	5:22	15	3:57	342	4:17	6.00	31:49	5:18	6		415	12:41
Runde Langstrec	2.00	10:53	5:26	13	4:06	346	4:29	8.00	42:42	5:20	6		411	17:10
Leichtathletikh	2.00	9:40	4:49	11	2:59	218	3:37	10.00	52:22	5:14	13	19:19	294	20:47