



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bimböse, Christoph

Club: SC Fortuna Erfurt 96

Number: 1699

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 50:49

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 285 (of 637)

Rank in course/Men: 259 (of 493)

Best time in course: 31:35

Rank in category: 81(of 133)

Best time in the category: 32:01

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	10:36	5:17	79	4:19	276	4:19	2.00	10:36	5:17	114	4:19	185	4:19
Runde Langstrec	2.00	9:57	4:58	79	3:34	257	3:34	4.00	20:33	5:08	119	7:53	425	7:53
Runde Langstrec	2.00	10:11	5:05	81	3:43	262	3:43	6.00	30:44	5:07	119	11:36	424	11:36
Runde Langstrec	2.00	10:15	5:07	77	3:51	259	3:51	8.00	40:59	5:07	118	15:27	420	15:27
Leichtathletikhal	2.00	9:50	4:55	77	3:21	245	3:47	10.00	50:49	5:04	81	18:48	259	19:14