



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Böhlau, Hans-Dieter

Club: Weimar

Number: 1865

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:34

Speed: 13.77 km/h

Running performance: 4:22 min/km

Rank in course/Total: 114 (of 618)

Rank in course/Men: 107 (of 500)

Best time in course: 31:03

Rank in category: 24(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	8:59	4:29	35	2:14	158	2:56	2.00	8:59	4:29	97	0:31	459	0:29
Runde	2.00	8:40	4:19	27	1:45	117	2:34	4.00	17:39	4:24	6	0:30	26	5:21
Runde	2.00	8:49	4:24	27	1:44	110	2:35	6.00	26:28	4:24	6	0:36	26	7:56
Runde	2.00	8:47	4:23	23	1:40	91	2:31	8.00	35:15	4:24	6	0:36	26	10:27
Leichtathletikhah	2.00	8:19	4:09	18	1:31	72	2:08	10.00	43:34	4:21	24	8:53	108	17:06