



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Bimböse, Christoph**

Club: SC Fortuna erfurt e.V.

Number: 1492

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 53:40

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 474 (of 686)

Rank in course/Men: 414 (of 543)

Best time in course: 29:39

Rank in category: 53(of 69)

Best time in the category: 29:39

### Intermediate times

### Stage score

### Total ranking

| Control             | Intermediate times |            |              |          |             | Stage score |            |          |            | Total ranking |          |             |         |            |
|---------------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|------------|---------------|----------|-------------|---------|------------|
|                     | 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               | 2.00               | 11:44      | 5:51         | 61       | 5:42        | 471         | 5:42       | 2.00     | 11:44      | 5:51          | 12       |             | 290     | 5:42       |
| Runde               | 2.00               | 10:32      | 5:15         | 54       | 4:35        | 418         | 4:35       | 4.00     | 22:16      | 5:33          | 12       |             | 288     | 10:17      |
| Runde               | 2.00               | 10:29      | 5:14         | 48       | 4:34        | 390         | 4:34       | 6.00     | 32:45      | 5:27          | 12       |             | 287     | 14:51      |
| Runde               | 2.00               | 10:31      | 5:15         | 47       | 4:36        | 372         | 4:36       | 8.00     | 43:16      | 5:24          | 12       |             | 286     | 19:27      |
| Leichtathletikhalle | 2.00               | 10:24      | 5:12         | 50       | 4:34        | 392         | 4:34       | 10.00    | 53:40      | 5:21          | 53       | 24:01       | 414     | 24:01      |