



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Böhme, Ulrich

Club: Erfurt
Number: 1286

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 49:22

Speed: 12.15 km/h
Running performance: 4:56 min/km

Rank in course/Total: 306 (of 686)

Rank in course/Men: 276 (of 543)

Best time in course: 29:39

Rank in category: 94(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	10:04	5:01	87	2:53	268	4:02	2.00	10:04	5:01	110	2:05	211	4:02			
Runde	2.00	9:31	4:45	89	2:11	256	3:34	4.00	19:35	4:53	78	2:19	206	7:36			
Runde	2.00	9:48	4:54	99	2:13	278	3:53	6.00	29:23	4:53	119	7:17	192	11:29			
Runde	2.00	10:03	5:01	105	2:18	302	4:08	8.00	39:26	4:55	118	9:35	339	15:37			
Leichtathletikhall	2.00	9:56	4:58	108	2:28	318	4:06	10.00	49:22	4:56	94	11:55	276	19:43			