



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bösel, Florian

Club: Erfurt

Number: 1678

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 50:11

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 340 (of 686)

Rank in course/Men: 306 (of 543)

Best time in course: 29:39

Rank in category: 88(of 136)

Best time in the category: 32:18

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	2.00	10:52	5:26	102	4:27	369	4:50	2.00	10:52	5:26	97	4:27	279	4:50
Runde	2.00	10:08	5:03	99	3:36	359	4:11	4.00	21:00	5:15	96	8:03	241	9:01
Runde	2.00	9:57	4:58	89	3:17	302	4:02	6.00	30:57	5:09	96	11:20	382	13:03
Runde	2.00	9:48	4:54	74	3:20	257	3:53	8.00	40:45	5:05	96	14:40	381	16:56
Leichtathletikhalle	2.00	9:26	4:43	68	3:13	238	3:36	10.00	50:11	5:01	88	17:53	306	20:32