



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Böttger, Kristian

Club: B.L. Sharks

Number: 354

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 28:33

Speed: 8.41 km/h

Running performance: 7:08 min/km

Rank in course/Total: 466 (of 477)

Rank in course/Men: 314 (of 315)

Best time in course: 12:17

Rank in category: 54(of 54)

Best time in the category: 12:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	13:36	6:47	53	7:36	311	7:36	2.00	13:36	6:47	8	0:05	210	7:36
Leichtathletikhalle	2.00	14:57	7:28	54	8:40	312	8:43	4.00	28:33	7:08	54	16:16	314	16:16