



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Kröll, Bodo**

Club: Witterda

Number: 603

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 23:43

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 366 (of 477)

Rank in course/Men: 264 (of 315)

Best time in course: 12:17

Rank in category: 56(of 67)

Best time in the category: 13:52

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                     |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde               | 2.00        | 11:55         | 5:57            | 55          | 5:08           | 250         | 5:55          | 2.00          | 11:55         | 5:57            | 32          | 0:36           | 161        | 5:55          |
| Leichtathletikhalle | 2.00        | 11:48         | 5:54            | 58          | 4:43           | 268         | 5:34          | 4.00          | 23:43         | 5:55            | 56          | 9:51           | 264        | 11:26         |