



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bomberg, Dirk

Club: impuls erfurt

Number: 172

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M50 (50-59 Jahre)

Total time: 16:25

Speed: 14.62 km/h

Running performance: 4:06 min/km

Rank in course/Total: 49 (of 477)

Rank in course/Men: 44 (of 315)

Best time in course: 12:17

Rank in category: 3(of 35)

Best time in the category: 15:11

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	8:06	4:02	4	1:49	44	2:06	2.00	8:06	4:02	18		26	2:06
Leichtathletikhalle	2.00	8:19	4:09	4	0:37	48	2:05	4.00	16:25	4:06	3	1:14	44	4:08