



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Bönisch, Sebastian**

Club: CE-SYS Engineering

Number: 1288

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:42

Speed: 12.58 km/h

Running performance: 4:46 min/km

Rank in course/Total: 244 (of 686)

Rank in course/Men: 223 (of 543)

Best time in course: 29:39

Rank in category: 65(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.	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	10:19	5:09	83	3:54	302	4:17	2.00	10:19	5:09	53	3:54	177	4:17
Runde	2.00	9:18	4:39	63	2:46	210	3:21	4.00	19:37	4:54	52	6:40	176	7:38
Runde	2.00	9:19	4:39	59	2:39	193	3:24	6.00	28:56	4:49	52	9:19	175	11:02
Runde	2.00	9:25	4:42	56	2:57	192	3:30	8.00	38:21	4:47	52	12:16	170	14:32
Leichtathletikhäl	2.00	9:21	4:40	66	3:08	226	3:31	10.00	47:42	4:46	65	15:24	223	18:03