



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bimböse, Christoph

Club: SC Fortuna erfurt e.V.

Number: 1492

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Männer (20-29 Jahre)

Total time: 53:40

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 474 (of 686)

Rank in course/Men: 414 (of 543)

Best time in course: 29:39

Rank in category: 53(of 69)

Best time in the category: 29:39

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	11:44	5:51	61	5:42	471	5:42	2.00	11:44	5:51	12		290	5:42
Runde	2.00	10:32	5:15	54	4:35	418	4:35	4.00	22:16	5:33	12		288	10:17
Runde	2.00	10:29	5:14	48	4:34	390	4:34	6.00	32:45	5:27	12		287	14:51
Runde	2.00	10:31	5:15	47	4:36	372	4:36	8.00	43:16	5:24	12		286	19:27
Leichtathletikhalle	2.00	10:24	5:12	50	4:34	392	4:34	10.00	53:40	5:21	53	24:01	414	24:01