



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Böhme, Ulrich

Club: Erfurt
Number: 1286

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 49:22

Speed: 12.15 km/h
Running performance: 4:56 min/km

Rank in course/Total: 306 (of 686)

Rank in course/Men: 276 (of 543)

Best time in course: 29:39

Rank in category: 94(of 178)

Best time in the category: 37:27

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 | 10:04 | 5:01 | 87 | 2:53 | 268 | 4:02 | 2.00 | 10:04 | 5:01 | 110 | 2:05 | 211 | 4:02 |
| Runde | 2.00 | 9:31 | 4:45 | 89 | 2:11 | 256 | 3:34 | 4.00 | 19:35 | 4:53 | 78 | 2:19 | 206 | 7:36 |
| Runde | 2.00 | 9:48 | 4:54 | 99 | 2:13 | 278 | 3:53 | 6.00 | 29:23 | 4:53 | 119 | 7:17 | 192 | 11:29 |
| Runde | 2.00 | 10:03 | 5:01 | 105 | 2:18 | 302 | 4:08 | 8.00 | 39:26 | 4:55 | 118 | 9:35 | 339 | 15:37 |
| Leichtathletikhall | 2.00 | 9:56 | 4:58 | 108 | 2:28 | 318 | 4:06 | 10.00 | 49:22 | 4:56 | 94 | 11:55 | 276 | 19:43 |