



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Bösel, Florian

Club: Erfurt
Number: 1678

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 50:11

Speed: 11.96 km/h
Running performance: 5:01 min/km

Rank in course/Total: 340 (of 686)

Rank in course/Men: 306 (of 543)

Best time in course: 29:39

Rank in category: 88(of 136)

Best time in the category: 32:18

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 | 10:52 | 5:26 | 102 | 4:27 | 369 | 4:50 | 2.00 | 10:52 | 5:26 | 97 | 4:27 | 279 | 4:50 |
| Runde | 2.00 | 10:08 | 5:03 | 99 | 3:36 | 359 | 4:11 | 4.00 | 21:00 | 5:15 | 96 | 8:03 | 241 | 9:01 |
| Runde | 2.00 | 9:57 | 4:58 | 89 | 3:17 | 302 | 4:02 | 6.00 | 30:57 | 5:09 | 96 | 11:20 | 382 | 13:03 |
| Runde | 2.00 | 9:48 | 4:54 | 74 | 3:20 | 257 | 3:53 | 8.00 | 40:45 | 5:05 | 96 | 14:40 | 381 | 16:56 |
| Leichtathletikhall | 2.00 | 9:26 | 4:43 | 68 | 3:13 | 238 | 3:36 | 10.00 | 50:11 | 5:01 | 88 | 17:53 | 306 | 20:32 |