



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Böttger, Kristian

Club: B.L.Sharks Kickboxen

Number: 293

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 21:04

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 168 (of 446)

Rank in course/Men: 134 (of 278)

Best time in course: 12:07

Rank in category: 14(of 41)

Best time in the category: 13:21

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde Kurzstrecke	2.00	10:37	5:18	15	3:56	135	4:29	2.00	10:37	5:18	14		87	4:29
Leichtathletikhalle	2.00	10:27	5:13	17	3:47	142	4:28	4.00	21:04	5:15	14	7:43	134	8:57