



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Böhm, Andreas

Club: Weinbergen

Number: 1014

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:30

Speed: 12.63 km/h

Running performance: 4:45 min/km

Rank in course/Total: 190 (of 637)

Rank in course/Men: 179 (of 493)

Best time in course: 31:35

Rank in category: 24(of 103)

Best time in the category: 41:32

Intermediate times

Stage score

Total ranking

Control	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 Langstrec	2.00	9:39	4:49	30	1:43	196	3:22	2.00	9:39	4:49	28		184	3:22
Runde Langstrec	2.00	9:18	4:39	22	1:01	173	2:55	4.00	18:57	4:44	28		184	6:17
Runde Langstrec	2.00	9:23	4:41	21	0:56	167	2:55	6.00	28:20	4:43	27		183	9:12
Runde Langstrec	2.00	9:42	4:50	26	1:11	189	3:18	8.00	38:02	4:45	27		182	12:30
Leichtathletikhal	2.00	9:28	4:44	28	1:15	195	3:25	10.00	47:30	4:45	24	5:58	179	15:55