



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Böhlau, Hans-Dieter

Club: Weimar
Number: 1340

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M30 (30-39 Jahre)

Total time: 43:45

Speed: 13.71 km/h
Running performance: 4:23 min/km

Rank in course/Total: 93 (of 637)

Rank in course/Men: 90 (of 493)

Best time in course: 31:35

Rank in category: 41(of 133)

Best time in the category: 32:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men			
Runde Langstrec	2.00	8:50	4:25	41	2:33	109	2:33	2.00	8:50	4:25	27	2:33	63	2:33			
Runde Langstrec	2.00	8:44	4:21	45	2:21	102	2:21	4.00	17:34	4:23	27	4:54	63	4:54			
Runde Langstrec	2.00	8:49	4:24	37	2:21	89	2:21	6.00	26:23	4:23	27	7:15	63	7:15			
Runde Langstrec	2.00	8:52	4:26	39	2:28	92	2:28	8.00	35:15	4:24	27	9:43	62	9:43			
Leichtathletikhal	2.00	8:30	4:15	42	2:01	83	2:27	10.00	43:45	4:22	41	11:44	90	12:10			