



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Bösel, Florian

Club: Erfurt

Number: 1259

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:48

Speed: 12.82 km/h

Running performance: 4:41 min/km

Rank in course/Total: 179 (of 637)

Rank in course/Men: 170 (of 493)

Best time in course: 31:35

Rank in category: 60(of 133)

Best time in the category: 32:01

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 Langstrec	2.00	9:42	4:50	68	3:25	197	3:25	2.00	9:42	4:50	56	3:25	144	3:25
Runde Langstrec	2.00	9:24	4:42	62	3:01	184	3:01	4.00	19:06	4:46	38	6:26	91	6:26
Runde Langstrec	2.00	9:15	4:37	55	2:47	156	2:47	6.00	28:21	4:43	56	9:13	144	9:13
Runde Langstrec	2.00	9:14	4:36	51	2:50	134	2:50	8.00	37:35	4:41	56	12:03	143	12:03
Leichtathletikh	2.00	9:13	4:36	60	2:44	163	3:10	10.00	46:48	4:40	60	14:47	170	15:13