



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hofmeister, Alex

Club: Jena

Number: 308

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:51

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 312 (of 446)

Rank in course/Men: 221 (of 278)

Best time in course: 12:07

Rank in category: 32(of 41)

Best time in the category: 13:21

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 Kurzstrecke	2.00	12:48	6:24	31	6:07	235	6:40	2.00	12:48	6:24	2	1:17	139	6:40
Leichtathletikhalle	2.00	11:03	5:31	23	4:23	178	5:04	4.00	23:51	5:57	32	10:30	221	11:44