



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hoffmann, Robert

Club: TTT

Number: 305

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 22:40

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 236 (of 446)

Rank in course/Men: 176 (of 278)

Best time in course: 12:07

Rank in category: 20(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	11:56	5:58	23	5:15	201	5:48	2.00	11:56	5:58	3	0:25	182	5:48
Leichtathletikhalle	2.00	10:44	5:21	18	4:04	156	4:45	4.00	22:40	5:40	20	9:19	176	10:33