



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hofmann, Patrick

Club: Thüringer Fußballverband (TFV)

Number: 1041

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 37:54

Speed: 15.83 km/h

Running performance: 3:47 min/km

Rank in course/Total: 25 (of 618)

Rank in course/Men: 24 (of 500)

Best time in course: 31:03

Rank in category: 4(of 107)

Best time in the category: 34:41

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	2.00	7:13	3:36	4	0:28	21	1:10	2.00	7:13	3:36	83		406	
Runde	2.00	7:37	3:48	6	0:42	29	1:31	4.00	14:50	3:42	15		61	2:32
Runde	2.00	7:42	3:51	5	0:37	26	1:28	6.00	22:32	3:45	15		60	4:00
Runde	2.00	7:51	3:55	4	0:44	25	1:35	8.00	30:23	3:47	15		60	5:35
Leichtathletikhalle	2.00	7:31	3:45	3	0:43	23	1:20	10.00	37:54	3:47	4	3:13	25	11:26