



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hopf, Jochen

Club: Laufftreff Ina

Number: 318

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:16

Speed: 11.29 km/h

Running performance: 5:19 min/km

Rank in course/Total: 189 (of 389)

Rank in course/Men: 147 (of 249)

Best time in course: 11:54

Rank in category: 12(of 26)

Best time in the category: 14:56

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	2.00	10:20	5:10	10	2:57	133	4:21	2.00	10:20	5:10	17		108	4:20
Leichtathletikhalle	2.00	10:56	5:28	18	3:23	172	5:02	4.00	21:16	5:18	12	6:20	147	9:22