



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hofmann, Mario

Club: TSV 1880 Elgersburg

Number: 1409

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:10

Speed: 14.23 km/h

Running performance: 4:13 min/km

Rank in course/Total: 80 (of 618)

Rank in course/Men: 73 (of 500)

Best time in course: 31:03

Rank in category: 25(of 171)

Best time in the category: 34:32

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	8:20	4:10	28	1:42	88	2:17	2.00	8:20	4:10	154			449	
Runde	2.00	8:25	4:12	27	1:34	82	2:19	4.00	16:45	4:11	25	2:27	62	4:27	
Runde	2.00	8:33	4:16	28	1:25	83	2:19	6.00	25:18	4:13	24	3:38	40	6:46	
Runde	2.00	8:39	4:19	25	1:39	77	2:23	8.00	33:57	4:14	24	4:58	31	9:09	
Leichtathletikhalle	2.00	8:13	4:06	24	1:18	65	2:02	10.00	42:10	4:13	25	7:38	74	15:42	