



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hoffmann, Dominik

Club: N3 Sportverein

Number: 1341

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 53:41

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 440 (of 618)

Rank in course/Men: 388 (of 500)

Best time in course: 31:03

Rank in category: 81(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.	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	11:31	5:45	91	4:46	439	5:28	2.00	11:31	5:45	54	3:03	271	3:01
Runde	2.00	10:41	5:20	84	3:46	406	4:35	4.00	22:12	5:32	74	5:03	365	9:54
Runde	2.00	10:35	5:17	78	3:30	367	4:21	6.00	32:47	5:27	74	6:55	338	14:15
Runde	2.00	10:40	5:19	78	3:33	361	4:24	8.00	43:27	5:25	74	8:48	362	18:39
Leichtathletikhalle	2.00	10:14	5:06	74	3:26	331	4:03	10.00	53:41	5:22	81	19:00	389	27:13