



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hofman, Nico

Club: Erfurt

Number: 1143

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 53:49

Speed: 11.15 km/h

Running performance: 5:23 min/km

Rank in course/Total: 479 (of 686)

Rank in course/Men: 417 (of 543)

Best time in course: 29:39

Rank in category: 112(of 136)

Best time in the category: 32:18

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	11:49	5:54	126	5:24	482	5:47	2.00	11:49	5:54	95	5:24	283	5:47
Runde	2.00	10:36	5:17	118	4:04	428	4:39	4.00	22:25	5:36	94	9:28	367	10:26
Runde	2.00	10:31	5:15	109	3:51	395	4:36	6.00	32:56	5:29	109	13:19	437	15:02
Runde	2.00	10:37	5:18	107	4:09	393	4:42	8.00	43:33	5:26	109	17:28	436	19:44
Leichtathletikhalle	2.00	10:16	5:08	100	4:03	368	4:26	10.00	53:49	5:22	112	21:31	417	24:10