



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Hopf, Jochen**

Club: Erfurt

Number: 69

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternachten

Category:

Senioren M50 (50-59 Jahre)

Total time: 19:56

Speed: 12.04 km/h

Running performance: 4:59 min/km

Rank in course/Total: 163 (of 477)

Rank in course/Men: 132 (of 315)

Best time in course: 12:17

Rank in category: 14(of 35)

Best time in the category: 15:11

## Intermediate times

## Stage score

## Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|---------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde               | 2.00        | 10:09         | 5:04            | 13          | 3:52           | 141        | 4:09          | 2.00        | 10:09         | 5:04            | 30          |                | 77         | 4:09          |
| Leichtathletikhalle | 2.00        | 9:47          | 4:53            | 13          | 2:05           | 130        | 3:33          | 4.00        | 19:56         | 4:59            | 14          | 4:45           | 132        | 7:39          |