



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hoppe, Fabian

Club: Einer für Alle, Alle für Einen

Number: 638

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 21:57

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 270 (of 477)

Rank in course/Men: 211 (of 315)

Best time in course: 12:17

Rank in category: 31(of 54)

Best time in the category: 12:17

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	11:20	5:40	27	5:20	220	5:20	2.00	11:20	5:40	49		149	5:20
Leichtathletikh	2.00	10:37	5:18	29	4:20	193	4:23	4.00	21:57	5:29	31	9:40	211	9:40