



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hoffmann, Dominik

Club: N3 Sportverein e.V.

Number: 1312

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 51:36

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 402 (of 686)

Rank in course/Men: 354 (of 543)

Best time in course: 29:39

Rank in category: 98(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	10:35	5:17	93	4:10	346	4:33	2.00	10:35	5:17	47	4:10	157	4:33
Runde	2.00	10:00	5:00	97	3:28	336	4:03	4.00	20:35	5:08	79	7:38	162	8:36
Runde	2.00	10:16	5:08	102	3:36	356	4:21	6.00	30:51	5:08	79	11:14	240	12:57
Runde	2.00	10:27	5:13	100	3:59	359	4:32	8.00	41:18	5:09	65	15:13	231	17:29
Leichtathletikhalle	2.00	10:18	5:09	103	4:05	378	4:28	10.00	51:36	5:09	98	19:18	354	21:57