



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hoschke, Sven

Club: Sömmerda

Number: 1237

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:01

Speed: 11.32 km/h

Running performance: 5:18 min/km

Rank in course/Total: 449 (of 686)

Rank in course/Men: 394 (of 543)

Best time in course: 29:39

Rank in category: 129(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	11:01	5:30	126	3:50	394	4:59	2.00	11:01	5:30	83	3:02	162	4:59
Runde	2.00	10:15	5:07	130	2:55	385	4:18	4.00	21:16	5:18	106	4:00	305	9:17
Runde	2.00	10:38	5:18	138	3:03	411	4:43	6.00	31:54	5:18	128	9:48	371	14:00
Runde	2.00	10:43	5:21	137	2:58	406	4:48	8.00	42:37	5:19	127	12:46	294	18:48
Leichtathletikhäl	2.00	10:24	5:12	129	2:56	392	4:34	10.00	53:01	5:18	129	15:34	394	23:22