



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 Mitternellingen

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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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