



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ochmann, Tom

Club: B.L. Sharks

Number: 355

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:05

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 336 (of 477)

Rank in course/Men: 247 (of 315)

Best time in course: 12:17

Rank in category: 40(of 54)

Best time in the category: 12:17

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|---------------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Runde | 2.00 | 11:49 | 5:54 | 38 | 5:49 | 244 | 5:49 | 2.00 | 11:49 | 5:54 | 51 | | 152 | 5:49 |
| Leichtathletikhalle | 2.00 | 11:16 | 5:38 | 44 | 4:59 | 239 | 5:02 | 4.00 | 23:05 | 5:46 | 40 | 10:48 | 247 | 10:48 |