



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hoffmann, Robert

Club: Erfurt
Number: 852

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M30 (30-39 Jahre)

Total time: 22:43

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 310 (of 477)

Rank in course/Men: 234 (of 315)

Best time in course: 12:17

Rank in category: 35(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	11:39	5:49	31	5:39	233	5:39	2.00	11:39	5:49	2		162	5:39
Leichtathletikhalle	2.00	11:04	5:31	41	4:47	226	4:50	4.00	22:43	5:40	35	10:26	234	10:26