



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hofmann, Jörg

Club: Crawinkel

Number: 140

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:13

Speed: 10.80 km/h

Running performance: 5:33 min/km

Rank in course/Total: 283 (of 477)

Rank in course/Men: 219 (of 315)

Best time in course: 12:17

Rank in category: 51 (of 67)

Best time in the category: 13:52

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	11:53	5:56	53	5:06	247	5:53	2.00	11:53	5:56	9	0:34	201	5:53
Leichtathletikhalle	2.00	10:20	5:10	33	3:15	172	4:06	4.00	22:13	5:33	51	8:21	219	9:56