



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hoßbach, Stefan

Club: Rittmannshausen

Number: 34

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M40 (40-49 Jahre)

Total time: 16:41

Speed: 14.39 km/h

Running performance: 4:10 min/km

Rank in course/Total: 64 (of 477)

Rank in course/Men: 57 (of 315)

Best time in course: 12:17

Rank in category: 9(of 67)

Best time in the category: 13:52

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	8:17	4:08	10	1:30	61	2:17	2.00	8:17	4:08	48		28	2:17
Leichtathletikhalle	2.00	8:24	4:12	9	1:19	57	2:10	4.00	16:41	4:10	9	2:49	57	4:24