



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hoffmann, Marcel

Club: SV Dienststedt-Hettstedt

Number: 910

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Männer (20-29 Jahre)

Total time: 22:29

Speed: 10.67 km/h

Running performance: 5:37 min/km

Rank in course/Total: 300 (of 477)

Rank in course/Men: 228 (of 315)

Best time in course: 12:17

Rank in category: 22(of 28)

Best time in the category: 12:20

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	10:54	5:27	18	4:48	189	4:54	2.00	10:54	5:27	10	0:02	120	4:54
Leichtathletikhalle	2.00	11:35	5:47	25	5:21	257	5:21	4.00	22:29	5:37	22	10:09	228	10:12