



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hofmann, Patrick

Club: Thüringer Fußballverband

Number: 1040

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 38:20

Speed: 15.65 km/h

Running performance: 3:50 min/km

Rank in course/Total: 30 (of 686)

Rank in course/Men: 26 (of 543)

Best time in course: 29:39

Rank in category: 9(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	7:13	3:36	6	0:48	22	1:11	2.00	7:13	3:36	9	0:48	24	1:11	
Runde	2.00	7:37	3:48	8	1:05	25	1:40	4.00	14:50	3:42	9	1:53	28	2:51	
Runde	2.00	7:48	3:53	9	1:08	25	1:53	6.00	22:38	3:46	9	3:01	27	4:44	
Runde	2.00	8:00	4:00	10	1:32	31	2:05	8.00	30:38	3:49	9	4:33	25	6:49	
Leichtathletikhäl	2.00	7:42	3:51	9	1:29	30	1:52	10.00	38:20	3:50	9	6:02	26	8:41	