



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hofmann, Mario

Club: Flinken Gerataler/TSV 1880 Elgersburg
Number: 1396

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M40 (40-49 Jahre)

Total time: 39:48

Speed: 15.08 km/h

Running performance: 3:59 min/km

Rank in course/Total: 43 (of 686)

Rank in course/Men: 38 (of 543)

Best time in course: 29:39

Rank in category: 8(of 178)

Best time in the category: 37:27

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	7:51	3:55	9	0:40	42	1:49	2.00	7:51	3:55	10		37	1:49	
Runde	2.00	7:56	3:58	8	0:36	37	1:59	4.00	15:47	3:56	10		36	3:48	
Runde	2.00	8:06	4:02	8	0:31	36	2:11	6.00	23:53	3:58	9	1:47	35	5:59	
Runde	2.00	8:12	4:05	9	0:27	40	2:17	8.00	32:05	4:00	8	2:14	34	8:16	
Leichtathletikhäl	2.00	7:43	3:51	4	0:15	31	1:53	10.00	39:48	3:58	8	2:21	38	10:09	