



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Hoefer, Mario

Club: Erfurt
Number: 1438

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M30 (30-39 Jahre)

Total time: 54:37

Speed: 10.99 km/h
Running performance: 5:28 min/km

Rank in course/Total: 513 (of 686)

Rank in course/Men: 440 (of 543)

Best time in course: 29:39

Rank in category: 116(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	10:36	5:17	96	4:11	350	4:34	2.00	10:36	5:17	45	4:11	152	4:34
Runde	2.00	10:25	5:12	112	3:53	410	4:28	4.00	21:01	5:15	75	8:04	283	9:02
Runde	2.00	11:01	5:30	119	4:21	445	5:06	6.00	32:02	5:20	75	12:25	282	14:08
Runde	2.00	11:19	5:39	121	4:51	458	5:24	8.00	43:21	5:25	75	17:16	281	19:32
Leichtathletikhall	2.00	11:16	5:38	120	5:03	470	5:26	10.00	54:37	5:27	116	22:19	440	24:58