



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hofmann, Jörg

Club: Crawinkel

Number: 301

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:46

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 202 (of 446)

Rank in course/Men: 157 (of 278)

Best time in course: 12:07

Rank in category: 33(of 60)

Best time in the category: 14:12

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 Kurzstrecke	2.00	11:26	5:43	38	4:31	178	5:18	2.00	11:26	5:43	52	0:18	104	5:18
Leichtathletikhalle	2.00	10:20	5:10	32	3:03	133	4:21	4.00	21:46	5:26	33	7:34	157	9:39