



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hoefer, Mario

Club: Erfurt

Number: 1080

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 57:32

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 493 (of 637)

Rank in course/Men: 417 (of 493)

Best time in course: 31:35

Rank in category: 117(of 135)

Best time in the category: 33:35

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 Langstrec	2.00	12:23	6:11	121	5:55	442	6:06	2.00	12:23	6:11	97	5:55	357	6:06	
Runde Langstrec	2.00	11:22	5:41	118	4:40	423	4:59	4.00	23:45	5:56	119	10:35	410	11:05	
Runde Langstrec	2.00	11:18	5:39	114	4:26	404	4:50	6.00	35:03	5:50	119	15:01	420	15:55	
Runde Langstrec	2.00	11:24	5:42	113	4:38	402	5:00	8.00	46:27	5:48	117	19:39	416	20:55	
Leichtathletikh	2.00	11:05	5:32	109	4:18	387	5:02	10.00	57:32	5:45	117	23:57	417	25:57	