



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hoffmann, Martin

Club: BadLangensalza

Number: 76

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 26:19

Speed: 9.12 km/h

Running performance: 6:35 min/km

Rank in course/Total: 386 (of 446)

Rank in course/Men: 258 (of 278)

Best time in course: 12:07

Rank in category: 55(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 | 12:30 | 6:15 | 49 | 5:35 | 227 | 6:22 | 2.00 | 12:30 | 6:15 | 12 | 1:22 | 154 | 6:22 |
| Leichtathletikhalle | 2.00 | 13:49 | 6:54 | 57 | 6:32 | 263 | 7:50 | 4.00 | 26:19 | 6:34 | 55 | 12:07 | 258 | 14:12 |