



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hoßbach, Stefan

Club: Rittmannshausen

Number: 40

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 17:19

Speed: 13.86 km/h

Running performance: 4:20 min/km

Rank in course/Total: 55 (of 446)

Rank in course/Men: 50 (of 278)

Best time in course: 12:07

Rank in category: 8(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	8:31	4:15	8	1:36	45	2:23	2.00	8:31	4:15	25		23	2:23
Leichtathletikhalle	2.00	8:48	4:24	8	1:31	53	2:49	4.00	17:19	4:19	8	3:07	50	5:12