



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Hofmann, Patrick

Club: Thüringer Fußballverband (TFV)

Number: 1050

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 39:37

Speed: 15.15 km/h

Running performance: 3:58 min/km

Rank in course/Total: 32 (of 637)

Rank in course/Men: 31 (of 493)

Best time in course: 31:35

Rank in category: 12(of 133)

Best time in the category: 32:01

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	7:30	3:45	11	1:13	31	1:13	2.00	7:30	3:45	24	1:13	53	1:13
Runde Langstrec	2.00	7:53	3:56	15	1:30	35	1:30	4.00	15:23	3:50	22	2:43	47	2:43
Runde Langstrec	2.00	8:05	4:02	14	1:37	33	1:37	6.00	23:28	3:54	24	4:20	53	4:20
Runde Langstrec	2.00	8:12	4:05	16	1:48	41	1:48	8.00	31:40	3:57	24	6:08	52	6:08
Leichtathletikh	2.00	7:57	3:58	16	1:28	40	1:54	10.00	39:37	3:57	12	7:36	31	8:02