



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kühn, Jürgen

Club: SV Ilmtal Manebach

Number: 1219

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 44:57

Speed: 13.35 km/h

Running performance: 4:30 min/km

Rank in course/Total: 127 (of 637)

Rank in course/Men: 123 (of 493)

Best time in course: 31:35

Rank in category: 11(of 103)

Best time in the category: 41:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	8:57	4:28	9	1:01	120	2:40	2.00	8:57	4:28	13		132	2:40
Runde Langstrec	2.00	8:53	4:26	11	0:36	131	2:30	4.00	17:50	4:27	13		97	5:10
Runde Langstrec	2.00	9:04	4:31	11	0:37	126	2:36	6.00	26:54	4:29	13		132	7:46
Runde Langstrec	2.00	9:13	4:36	14	0:42	130	2:49	8.00	36:07	4:30	13		131	10:35
Leichtathletikh	2.00	8:50	4:25	9	0:37	120	2:47	10.00	44:57	4:29	11	3:25	123	13:22