



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kusche, Stephan

Club: Erfurter Hockey Club

Number: 1243

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:52

Speed: 12.80 km/h

Running performance: 4:41 min/km

Rank in course/Total: 181 (of 637)

Rank in course/Men: 172 (of 493)

Best time in course: 31:35

Rank in category: 61(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	9:16	4:38	52	2:59	156	2:59	2.00	9:16	4:38	58	2:59	152	2:59
Runde Langstrec	2.00	9:19	4:39	59	2:56	176	2:56	4.00	18:35	4:38	58	5:55	152	5:55
Runde Langstrec	2.00	9:25	4:42	58	2:57	171	2:57	6.00	28:00	4:40	58	8:52	152	8:52
Runde Langstrec	2.00	9:30	4:45	60	3:06	168	3:06	8.00	37:30	4:41	58	11:58	151	11:58
Leichtathletikh	2.00	9:22	4:41	64	2:53	180	3:19	10.00	46:52	4:41	61	14:51	172	15:17