



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

**Kahl, Nico**

Club: Neustadt am Rennsteig

Number: 1534

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:21

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 392 (of 637)

Rank in course/Men: 348 (of 493)

Best time in course: 31:35

Rank in category: 97(of 133)

Best time in the category: 32:01

## Intermediate times

## Stage score

## Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde Langstrec   | 2.00        | 11:45         | 5:52            | 111         | 5:28           | 402        | 5:28          | 2.00        | 11:45         | 5:52            | 111         | 5:28           | 218        | 5:28          |
| Runde Langstrec   | 2.00        | 10:44         | 5:21            | 102         | 4:21           | 357        | 4:21          | 4.00        | 22:29         | 5:37            | 111         | 9:49           | 298        | 9:49          |
| Runde Langstrec   | 2.00        | 10:48         | 5:24            | 97          | 4:20           | 348        | 4:20          | 6.00        | 33:17         | 5:32            | 111         | 14:09          | 307        | 14:09         |
| Runde Langstrec   | 2.00        | 10:49         | 5:24            | 94          | 4:25           | 337        | 4:25          | 8.00        | 44:06         | 5:30            | 110         | 18:34          | 393        | 18:34         |
| Leichtathletikhal | 2.00        | 10:15         | 5:07            | 89          | 3:46           | 297        | 4:12          | 10.00       | 54:21         | 5:26            | 97          | 22:20          | 348        | 22:46         |