



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kühn, Joachim

Club: TSSC Erfurt

Number: 71

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternurringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:20

Speed: 10.75 km/h

Running performance: 5:35 min/km

Rank in course/Total: 233 (of 389)

Rank in course/Men: 181 (of 249)

Best time in course: 11:54

Rank in category: 45(of 63)

Best time in the category: 14:23

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	2.00	11:20	5:40	45	4:19	181	5:21	2.00	11:20	5:40	24	1:34	227	5:20
Leichtathletikhah	2.00	11:00	5:30	45	3:38	178	5:06	4.00	22:20	5:34	45	7:57	181	10:26