



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kühn, Jürgen

Club: SV Ilmtal Manebach

Number: 1067

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 43:50

Speed: 13.69 km/h

Running performance: 4:23 min/km

Rank in course/Total: 119 (of 618)

Rank in course/Men: 112 (of 500)

Best time in course: 31:03

Rank in category: 10(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	2.00	8:12	4:05	6	1:12	76	2:09	2.00	8:12	4:05	76			437
Runde	2.00	8:38	4:18	8	1:20	110	2:32	4.00	16:50	4:12	67		13	4:32
Runde	2.00	8:55	4:27	11	1:34	123	2:41	6.00	25:45	4:17	67		13	7:13
Runde	2.00	9:05	4:32	11	1:44	134	2:49	8.00	34:50	4:21	63		13	10:02
Leichtathletikhalle	2.00	9:00	4:30	13	1:41	160	2:49	10.00	43:50	4:23	10	7:31	113	17:22