



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kühn, Joachim

Club: TSSC Erfurt

Number: 187

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 21:30

Speed: 11.16 km/h

Running performance: 5:23 min/km

Rank in course/Total: 238 (of 477)

Rank in course/Men: 187 (of 315)

Best time in course: 12:17

Rank in category: 34(of 67)

Best time in the category: 13:52

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	10:51	5:25	34	4:04	183	4:51	2.00	10:51	5:25	67		167	4:51
Leichtathletikhalle	2.00	10:39	5:19	38	3:34	194	4:25	4.00	21:30	5:22	34	7:38	187	9:13