



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Kusche, Stephan**

Club: Erfurter Hockey Club

Number: 1236

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:58

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 288 (of 686)

Rank in course/Men: 261 (of 543)

Best time in course: 29:39

Rank in category: 74(of 136)

Best time in the category: 32:18

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde	2.00	10:53	5:26	103	4:28	373	4:51	2.00	10:53	5:26	61	4:28	218	4:51
Runde	2.00	9:40	4:49	83	3:08	279	3:43	4.00	20:33	5:08	60	7:36	216	8:34
Runde	2.00	9:32	4:46	69	2:52	235	3:37	6.00	30:05	5:00	60	10:28	209	12:11
Runde	2.00	9:37	4:48	70	3:09	231	3:42	8.00	39:42	4:57	60	13:37	214	15:53
Leichtathletikh	2.00	9:16	4:38	61	3:03	210	3:26	10.00	48:58	4:53	74	16:40	261	19:19