



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Kaufhold, Sebastian**

Club: Leipzig  
Number: 1043

Course: 10.00 km  
Wertungslauf um den Braugold-Pokal

Category:  
Senioren M40 (40-49 Jahre)

Total time: 54:33

Speed: 11.00 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 511 (of 686)

Rank in course/Men: 438 (of 543)

Best time in course: 29:39

Rank in category: 145(of 178)

Best time in the category: 37:27

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Stage score		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Men
Runde	2.00	11:46	5:53	163	4:35	476	5:44	2.00	11:46	5:53	140	3:47	414	5:44
Runde	2.00	10:46	5:23	151	3:26	455	4:49	4.00	22:32	5:38	139	5:16	412	10:33
Runde	2.00	10:51	5:25	144	3:16	431	4:56	6.00	33:23	5:33	138	11:17	411	15:29
Runde	2.00	10:42	5:20	135	2:57	403	4:47	8.00	44:05	5:30	137	14:14	410	20:16
Leichtathletikhall	2.00	10:28	5:14	135	3:00	404	4:38	10.00	54:33	5:27	145	17:06	438	24:54