



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Kornhas, Christoph**

Club: SV Emsetal

Number: 583

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M30 (30-39 Jahre)

Total time: 14:09

Speed: 16.96 km/h

Running performance: 3:32 min/km

Rank in course/Total: 15 (of 477)

Rank in course/Men: 15 (of 315)

Best time in course: 12:17

Rank in category: 3(of 54)

Best time in the category: 12:17

### 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  | 6:52  | 3:25   | 3    | 0:52   | 15  | 0:52   | 2.00  | 6:52  | 3:25   | 30   |        | 10  | 0:52   |
| Leichtathletikhah | 2.00  | 7:17  | 3:38   | 3    | 1:00   | 15  | 1:03   | 4.00  | 14:09 | 3:32   | 3    | 1:52   | 15  | 1:52   |