



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 Mitternellingen

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