



# 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
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