



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kühn, Sylvio

Club: Goldbach

Number: 272

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:14

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 284 (of 477)

Rank in course/Men: 220 (of 315)

Best time in course: 12:17

Rank in category: 52(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	11:19	5:39	47	4:32	219	5:19	2.00	11:19	5:39	1	-	200	5:19
Leichtathletikhah	2.00	10:55	5:27	45	3:50	218	4:41	4.00	22:14	5:33	52	8:22	220	9:57