



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kühn, Jürgen

Club: SV Ilmtal Manebach

Number: 1077

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 42:38

Speed: 14.07 km/h

Running performance: 4:16 min/km

Rank in course/Total: 87 (of 686)

Rank in course/Men: 79 (of 543)

Best time in course: 29:39

Rank in category: 10(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	8:02	4:00	7	0:27	60	2:00	2.00	8:02	4:00	11	0:27	83	2:00	
Runde	2.00	8:19	4:09	6	0:22	64	2:22	4.00	16:21	4:05	11	0:46	82	4:22	
Runde	2.00	8:35	4:17	10	0:28	81	2:40	6.00	24:56	4:09	11	1:14	81	7:02	
Runde	2.00	8:54	4:27	11	0:50	106	2:59	8.00	33:50	4:13	11	2:04	80	10:01	
Leichtathletikhaf	2.00	8:48	4:24	11	0:53	129	2:58	10.00	42:38	4:15	10	2:57	79	12:59	