



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Kusche, Stephan**

Club: Erfurter Hockey Club

Number: 1236

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:58

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 288 (of 686)

Rank in course/Men: 261 (of 543)

Best time in course: 29:39

Rank in category: 74(of 136)

Best time in the category: 32:18

### Intermediate times

### Stage score

### Total ranking

| Control           | Split |       | Pos  | Behind | Stage score |      | Pos  | Behind | Total |      | Pos | Behind | Total ranking |       |
|-------------------|-------|-------|------|--------|-------------|------|------|--------|-------|------|-----|--------|---------------|-------|
|                   | km    | Time  |      |        | min/km      | Cat. |      |        | Men   | Men  |     |        | km            | Time  |
| Runde             | 2.00  | 10:53 | 5:26 | 103    | 4:28        | 373  | 4:51 | 2.00   | 10:53 | 5:26 | 61  | 4:28   | 218           | 4:51  |
| Runde             | 2.00  | 9:40  | 4:49 | 83     | 3:08        | 279  | 3:43 | 4.00   | 20:33 | 5:08 | 60  | 7:36   | 216           | 8:34  |
| Runde             | 2.00  | 9:32  | 4:46 | 69     | 2:52        | 235  | 3:37 | 6.00   | 30:05 | 5:00 | 60  | 10:28  | 209           | 12:11 |
| Runde             | 2.00  | 9:37  | 4:48 | 70     | 3:09        | 231  | 3:42 | 8.00   | 39:42 | 4:57 | 60  | 13:37  | 214           | 15:53 |
| Leichtathletikhäl | 2.00  | 9:16  | 4:38 | 61     | 3:03        | 210  | 3:26 | 10.00  | 48:58 | 4:53 | 74  | 16:40  | 261           | 19:19 |