



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Kahl, Nico**

Club: Neustadt

Number: 911

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:34

Speed: 10.61 km/h

Running performance: 5:40 min/km

Rank in course/Total: 558 (of 686)

Rank in course/Men: 472 (of 543)

Best time in course: 29:39

Rank in category: 125(of 136)

Best time in the category: 32:18

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	2.00	11:53	5:56	129	5:28	492	5:51	2.00	11:53	5:56	93	5:28	366	5:51				
Runde	2.00	10:45	5:22	124	4:13	454	4:48	4.00	22:38	5:39	92	9:41	364	10:39				
Runde	2.00	12:00	6:00	129	5:20	511	6:05	6.00	34:38	5:46	92	15:01	363	16:44				
Runde	2.00	11:17	5:38	118	4:49	454	5:22	8.00	45:55	5:44	92	19:50	362	22:06				
Leichtathletikhall	2.00	10:39	5:19	111	4:26	417	4:49	10.00	56:34	5:39	125	24:16	472	26:55				