



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Kaufhold, Sebastian

Club: Leipzig
Number: 1043

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M40 (40-49 Jahre)

Total time: 54:33

Speed: 11.00 km/h
Running performance: 5:28 min/km

Rank in course/Total: 511 (of 686)

Rank in course/Men: 438 (of 543)

Best time in course: 29:39

Rank in category: 145(of 178)

Best time in the category: 37:27

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|--------------------|-------|-------|------|--------|--------|------|-------|-------|-------|------|--------|-------|--------|-------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| Runde | 2.00 | 11:46 | 5:53 | 163 | 4:35 | 476 | 5:44 | 2.00 | 11:46 | 5:53 | 140 | 3:47 | 414 | 5:44 |
| Runde | 2.00 | 10:46 | 5:23 | 151 | 3:26 | 455 | 4:49 | 4.00 | 22:32 | 5:38 | 139 | 5:16 | 412 | 10:33 |
| Runde | 2.00 | 10:51 | 5:25 | 144 | 3:16 | 431 | 4:56 | 6.00 | 33:23 | 5:33 | 138 | 11:17 | 411 | 15:29 |
| Runde | 2.00 | 10:42 | 5:20 | 135 | 2:57 | 403 | 4:47 | 8.00 | 44:05 | 5:30 | 137 | 14:14 | 410 | 20:16 |
| Leichtathletikhall | 2.00 | 10:28 | 5:14 | 135 | 3:00 | 404 | 4:38 | 10.00 | 54:33 | 5:27 | 145 | 17:06 | 438 | 24:54 |