



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kuhn, Jens

Club: GutsMuths RSLV

Number: 1236

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:46

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 223 (of 637)

Rank in course/Men: 208 (of 493)

Best time in course: 31:35

Rank in category: 33(of 103)

Best time in the category: 41:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	10:57	5:28	63	3:01	314	4:40	2.00	10:57	5:28	31	0:52	193	4:40
Runde Langstrec	2.00	9:45	4:52	37	1:28	222	3:22	4.00	20:42	5:10	31	0:25	167	8:02
Runde Langstrec	2.00	9:29	4:44	26	1:02	183	3:01	6.00	30:11	5:01	30		192	11:03
Runde Langstrec	2.00	9:27	4:43	19	0:56	165	3:03	8.00	39:38	4:57	30		191	14:06
Leichtathletikh	2.00	9:08	4:33	17	0:55	154	3:05	10.00	48:46	4:52	33	7:14	208	17:11