



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 min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | 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 |