



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Jakobi, Kevin

Club: B.L.Sharks Kickboxen

Number: 298

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Senioren M30 (30-39 Jahre)

Total time: 18:03

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 75 (of 446)

Rank in course/Men: 65 (of 278)

Best time in course: 12:07

Rank in category: 5(of 41)

Best time in the category: 13:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Kurzstrecke	2.00	8:58	4:29	4	2:17	65	2:50	2.00	8:58	4:29	16		41	2:50
Leichtathletikhalle	2.00	9:05	4:32	6	2:25	66	3:06	4.00	18:03	4:30	5	4:42	65	5:56