



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Jacobi, Andreas

Club: MTB Steiger Racing Erfurt

Number: 1529

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:07

Speed: 13.92 km/h

Running performance: 4:19 min/km

Rank in course/Total: 76 (of 637)

Rank in course/Men: 74 (of 493)

Best time in course: 31:35

Rank in category: 35(of 133)

Best time in the category: 32:01

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 Langstrec	2.00	8:14	4:06	27	1:57	62	1:57	2.00	8:14	4:06	19	1:57	43	1:57
Runde Langstrec	2.00	8:45	4:22	46	2:22	106	2:22	4.00	16:59	4:14	30	4:19	72	4:19
Runde Langstrec	2.00	8:49	4:24	37	2:21	89	2:21	6.00	25:48	4:17	30	6:40	72	6:40
Runde Langstrec	2.00	8:54	4:27	40	2:30	95	2:30	8.00	34:42	4:20	30	9:10	71	9:10
Leichtathletikh	2.00	8:25	4:12	37	1:56	75	2:22	10.00	43:07	4:18	35	11:06	74	11:32