



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Jacobi, Ingobert

Club: LG Südharzläufer

Number: 1126

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M70 (70 und älter Jahre)

Total time: 1:02:32

Speed: 9.59 km/h

Running performance: 6:15 min/km

Rank in course/Total: 590 (of 637)

Rank in course/Men: 470 (of 493)

Best time in course: 31:35

Rank in category: 7(of 8)

Best time in the category: 47:40

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	12:02	6:00	6	2:58	424	5:45	2.00	12:02	6:00	4	2:58	297	5:45
Runde Langstrec	2.00	12:24	6:12	7	3:01	479	6:01	4.00	24:26	6:06	4	5:59	297	11:46
Runde Langstrec	2.00	12:39	6:19	7	3:04	474	6:11	6.00	37:05	6:10	4	9:03	296	17:57
Runde Langstrec	2.00	12:43	6:21	7	2:53	467	6:19	8.00	49:48	6:13	4	11:56	295	24:16
Leichtathletikhal	2.00	12:44	6:21	7	2:56	465	6:41	10.00	1:02:32	6:15	7	14:52	470	30:57