



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Jacob, Adrian

Club: Oskar's Läufer

Number: 1732

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 57:05

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course/Total: 515 (of 618)

Rank in course/Men: 440 (of 500)

Best time in course: 31:03

Rank in category: 18(of 22)

Best time in the category: 32:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	10:43	5:21	15	4:27	367	4:40	2.00	10:43	5:21	7			56	2:13
Runde	2.00	10:42	5:20	16	4:07	408	4:36	4.00	21:25	5:21	7			341	9:07
Runde	2.00	11:22	5:41	17	4:41	444	5:08	6.00	32:47	5:27	7			338	14:15
Runde	2.00	12:11	6:05	21	5:28	467	5:55	8.00	44:58	5:37	7			338	20:10
Leichtathletikhalle	2.00	12:07	6:03	21	5:30	473	5:56	10.00	57:05	5:42	18	24:13		441	30:37