



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Jahn, Reiner

Club: Lauffüchse Erfurt

Number: 1006

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M60 (60-69 Jahre)

Total time: 58:58

Speed: 10.18 km/h

Running performance: 5:54 min/km

Rank in course/Total: 555 (of 618)

Rank in course/Men: 466 (of 500)

Best time in course: 31:03

Rank in category: 16(of 20)

Best time in the category: 41:59

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	11:05	5:32	15	4:50	403	5:02	2.00	11:05	5:32	11	0:36	175	2:35
Runde	2.00	11:31	5:45	16	5:25	464	5:25	4.00	22:36	5:39	12	2:04	349	10:18
Runde	2.00	11:56	5:58	16	5:31	472	5:42	6.00	34:32	5:45	12	3:33	346	16:00
Runde	2.00	12:11	6:05	17	5:39	467	5:55	8.00	46:43	5:50	12	5:11	346	21:55
Leichtathletikhalle	2.00	12:15	6:07	18	3:52	477	6:04	10.00	58:58	5:53	16	16:59	467	32:30