



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Jacobi, Andreas

Club: MTB Steiger Racing Erfurt

Number: 1373

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:41

Speed: 13.74 km/h

Running performance: 4:22 min/km

Rank in course/Total: 116 (of 618)

Rank in course/Men: 109 (of 500)

Best time in course: 31:03

Rank in category: 25(of 107)

Best time in the category: 34:41

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	8:19	4:09	22	1:34	87	2:16	2.00	8:19	4:09	95			448	
Runde	2.00	8:28	4:14	21	1:33	86	2:22	4.00	16:47	4:11	100			12	4:29
Runde	2.00	8:44	4:21	25	1:39	96	2:30	6.00	25:31	4:15	100			451	6:59
Runde	2.00	9:08	4:33	33	2:01	139	2:52	8.00	34:39	4:19	1	-		8	9:51
Leichtathletikhah	2.00	9:02	4:30	37	2:14	164	2:51	10.00	43:41	4:22	25	9:00		110	17:13