



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Jacob, Jens Oliver

Club: Oscars Läufer Gebesee

Number: 1878

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:41

Speed: 14.06 km/h

Running performance: 4:16 min/km

Rank in course/Total: 91 (of 618)

Rank in course/Men: 84 (of 500)

Best time in course: 31:03

Rank in category: 29(of 171)

Best time in the category: 34:32

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	7:59	3:59	20	1:21	62	1:56	2.00	7:59	3:59	146			423	
Runde	2.00	8:28	4:14	29	1:37	86	2:22	4.00	16:27	4:06	170	2:09		489	4:09
Runde	2.00	8:50	4:25	41	1:42	113	2:36	6.00	25:17	4:12	168	3:37		486	6:45
Runde	2.00	8:48	4:24	30	1:48	94	2:32	8.00	34:05	4:15	168	5:06		486	9:17
Leichtathletikhalle	2.00	8:36	4:17	39	1:41	106	2:25	10.00	42:41	4:16	29	8:09		85	16:13