



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Jacobi, Ingobert

Club: Südharzläufer

Number: 1008

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M70 (70 und älter Jahre)

Total time: 59:29

Speed: 10.09 km/h

Running performance: 5:57 min/km

Rank in course/Total: 561 (of 618)

Rank in course/Men: 470 (of 500)

Best time in course: 31:03

Rank in category: 7(of 9)

Best time in the category: 46:56

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	11:40	5:49	7	2:47	447	5:37	2.00	11:40	5:49	5			229	3:10
Runde	2.00	11:52	5:56	7	2:35	480	5:46	4.00	23:32	5:53	6			302	11:14
Runde	2.00	12:03	6:01	7	2:38	474	5:49	6.00	35:35	5:55	5	8:00		319	17:03
Runde	2.00	12:00	6:00	7	2:21	458	5:44	8.00	47:35	5:56	5	10:21		311	22:47
Leichtathletikhalle	2.00	11:54	5:57	7	2:12	467	5:43	10.00	59:29	5:56	7	12:33		471	33:01