



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Jäkel, Ulrich

Club: Erfurt
Number: 1019

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 55:15

Speed: 10.86 km/h

Running performance: 5:31 min/km

Rank in course/Total: 484 (of 618)

Rank in course/Men: 419 (of 500)

Best time in course: 31:03

Rank in category: 85(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:58	5:29	77	4:13	393	4:55	2.00	10:58	5:29	64	2:30	307	2:28
Runde	2.00	10:39	5:19	83	3:44	402	4:33	4.00	21:37	5:24	85	4:28	405	9:19
Runde	2.00	11:02	5:30	89	3:57	413	4:48	6.00	32:39	5:26	85	6:47	402	14:07
Runde	2.00	11:16	5:38	88	4:09	418	5:00	8.00	43:55	5:29	85	9:16	402	19:07
Leichtathletikhalle	2.00	11:20	5:40	87	4:32	434	5:09	10.00	55:15	5:31	85	20:34	420	28:47