



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Jacobi, Ingobert

Club: Bad Sachsa

Number: 1014

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M70 (70 und älter Jahre)

Total time: 1:02:26

Speed: 9.61 km/h

Running performance: 6:14 min/km

Rank in course/Total: 649 (of 686)

Rank in course/Men: 522 (of 543)

Best time in course: 29:39

Rank in category: 6(of 8)

Best time in the category: 45:39

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	11:49	5:54	5	3:04	482	5:47	2.00	11:49	5:54	4	1:41	283	5:47
Runde	2.00	12:19	6:09	6	3:25	527	6:22	4.00	24:08	6:01	4	3:51	384	12:09
Runde	2.00	12:36	6:17	6	3:30	525	6:41	6.00	36:44	6:07	4	5:59	383	18:50
Runde	2.00	12:45	6:22	6	3:20	525	6:50	8.00	49:29	6:11	4	7:54	382	25:40
Leichtathletikhäl	2.00	12:57	6:28	7	3:28	528	7:07	10.00	1:02:26	6:14	6	16:47	522	32:47