



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Jacobi, Ingobert

Club: LG Südharzläufer

Number: 1126

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M70 (70 und älter Jahre)

Total time: 1:02:32

Speed: 9.59 km/h

Running performance: 6:15 min/km

Rank in course/Total: 590 (of 637)

Rank in course/Men: 470 (of 493)

Best time in course: 31:35

Rank in category: 7(of 8)

Best time in the category: 47:40

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 Langstrec | 2.00 | 12:02 | 6:00 | 6 | 2:58 | 424 | 5:45 | 2.00 | 12:02 | 6:00 | 4 | 2:58 | 297 | 5:45 | |
| Runde Langstrec | 2.00 | 12:24 | 6:12 | 7 | 3:01 | 479 | 6:01 | 4.00 | 24:26 | 6:06 | 4 | 5:59 | 297 | 11:46 | |
| Runde Langstrec | 2.00 | 12:39 | 6:19 | 7 | 3:04 | 474 | 6:11 | 6.00 | 37:05 | 6:10 | 4 | 9:03 | 296 | 17:57 | |
| Runde Langstrec | 2.00 | 12:43 | 6:21 | 7 | 2:53 | 467 | 6:19 | 8.00 | 49:48 | 6:13 | 4 | 11:56 | 295 | 24:16 | |
| Leichtathletikhal | 2.00 | 12:44 | 6:21 | 7 | 2:56 | 465 | 6:41 | 10.00 | 1:02:32 | 6:15 | 7 | 14:52 | 470 | 30:57 | |