



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Görlach, Folker**

Club: Hainichläufer Mühlhausen

Number: 1877

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 52:30

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 405 (of 618)

Rank in course/Men: 360 (of 500)

Best time in course: 31:03

Rank in category: 67(of 82)

Best time in the category: 31:03

### 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	9:43	4:51	56	3:40	250	3:40	2.00	9:43	4:51	22		386	1:13
Runde	2.00	10:20	5:10	66	4:06	375	4:14	4.00	20:03	5:00	24	1:30	493	7:45
Runde	2.00	10:45	5:22	70	4:31	388	4:31	6.00	30:48	5:08	24	1:58	490	12:16
Runde	2.00	10:53	5:26	70	4:37	382	4:37	8.00	41:41	5:12	24	2:57	490	16:53
Leichtathletikhalle	2.00	10:49	5:24	72	4:38	393	4:38	10.00	52:30	5:15	68	26:02	361	26:02