



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gottwald, Björn

Club: Hildburghausen

Number: 1860

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 47:25

Speed: 12.65 km/h

Running performance: 4:44 min/km

Rank in course/Total: 230 (of 618)

Rank in course/Men: 214 (of 500)

Best time in course: 31:03

Rank in category: 49(of 82)

Best time in the category: 31:03

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	10:33	5:16	64	4:30	341	4:30	2.00	10:33	5:16	59	0:45	96	2:03
Runde	2.00	9:22	4:41	45	3:08	209	3:16	4.00	19:55	4:58	66	1:22	166	7:37
Runde	2.00	9:08	4:33	42	2:54	164	2:54	6.00	29:03	4:50	66	0:13	144	10:31
Runde	2.00	9:17	4:38	42	3:01	165	3:01	8.00	38:20	4:47	66		163	13:32
Leichtathletikhalle	2.00	9:05	4:32	41	2:54	170	2:54	10.00	47:25	4:44	50	20:57	215	20:57