



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Godehardt, Björn

Club: SV Wartburgstadt Triathlon
Number: 1059

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 46:22

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 189 (of 618)

Rank in course/Men: 177 (of 500)

Best time in course: 31:03

Rank in category: 43(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			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Runde	2.00	9:19	4:39	44	3:16	191	3:16	2.00	9:19	4:39	81		492	0:49
Runde	2.00	9:23	4:41	47	3:09	213	3:17	4.00	18:42	4:40	8	0:09	214	6:24
Runde	2.00	9:17	4:38	48	3:03	185	3:03	6.00	27:59	4:39	8		258	9:27
Runde	2.00	9:13	4:36	39	2:57	155	2:57	8.00	37:12	4:39	8		282	12:24
Leichtathletikhalle	2.00	9:10	4:34	48	2:59	190	2:59	10.00	46:22	4:38	44	19:54	178	19:54