



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 |