



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Godehardt, Björn

Club: SV W Eisenach Triathlon

Number: 1404

Course: 10.00 km

Vintage VDB Lauf

Category:

Männer (20-29 Jahre)

Total time: 49:40

Speed: 12.08 km/h

Running performance: 4:58 min/km

Rank in course/Total: 248 (of 637)

Rank in course/Men: 230 (of 493)

Best time in course: 31:35

Rank in category: 36(of 69)

Best time in the category: 31:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Runde Langstrec	2.00	10:18	5:09	44	4:01	246	4:01	2.00	10:18	5:09	14		181	4:01
Runde Langstrec	2.00	9:54	4:57	41	3:31	255	3:31	4.00	20:12	5:02	14		238	7:32
Runde Langstrec	2.00	9:50	4:55	38	3:22	220	3:22	6.00	30:02	5:00	14		237	10:54
Runde Langstrec	2.00	9:52	4:56	34	3:28	210	3:28	8.00	39:54	4:59	13		236	14:22
Leichtathletikh	2.00	9:46	4:53	41	3:43	232	3:43	10.00	49:40	4:58	36	18:05	230	18:05