



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 ranking | | | | | | |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | 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 |
| Leichtathletikhal | 2.00 | 9:46 | 4:53 | 41 | 3:43 | 232 | 3:43 | 10.00 | 49:40 | 4:58 | 36 | 18:05 | 230 | 18:05 |