



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Thienemann, Lennart

Club: SV Alach

Number: 327

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:19

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 191 (of 389)

Rank in course/Men: 148 (of 249)

Best time in course: 11:54

Rank in category: 13(of 26)

Best time in the category: 14:56

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	10:30	5:15	11	3:07	138	4:31	2.00	10:30	5:15	2		245	4:30
Leichtathletikhall	2.00	10:49	5:24	16	3:16	163	4:55	4.00	21:19	5:19	13	6:23	148	9:25