



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lauerwald, Jörg

Club: Griefstedt

Number: 52

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:26

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 201 (of 389)

Rank in course/Men: 153 (of 249)

Best time in course: 11:54

Rank in category: 14 (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	10:42	5:20	14	3:19	147	4:43	2.00	10:42	5:20	8		209	4:42
Leichtathletikhalle	2.00	10:44	5:21	15	3:11	160	4:50	4.00	21:26	5:21	14	6:30	153	9:32