



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Thienemann, Lennart

Club: SV Alach

Number: 561

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 22:56

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 322 (of 477)

Rank in course/Men: 241 (of 315)

Best time in course: 12:17

Rank in category: 17(of 18)

Best time in the category: 13:58

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:03	5:31	17	4:16	210	5:03	2.00	11:03	5:31	5	2:42	173	5:03
Leichtathletikhalle	2.00	11:53	5:56	17	4:55	272	5:39	4.00	22:56	5:44	17	8:58	241	10:39