



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Berner, Roland

Club: LG Bad Frankenhausen/Göllingen
Number: 352

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 21:58

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 226 (of 389)

Rank in course/Men: 174 (of 249)

Best time in course: 11:54

Rank in category: 18(of 26)

Best time in the category: 14:56

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	11:05	5:32	17	3:42	169	5:06	2.00	11:05	5:32	3	0:03	204	5:05
Leichtathletikh	2.00	10:53	5:26	17	3:20	167	4:59	4.00	21:58	5:29	18	7:02	174	10:04