



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Berner, Roland

Club: LG Bad Frankenhausen/Göllingen

Number: 693

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 22:20

Speed: 10.75 km/h

Running performance: 5:35 min/km

Rank in course/Total: 293 (of 477)

Rank in course/Men: 224 (of 315)

Best time in course: 12:17

Rank in category: 27(of 35)

Best time in the category: 15:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:55	5:57	27	5:38	250	5:55	2.00	11:55	5:57	11	1:12	161	5:55
Leichtathletikhaf	2.00	10:25	5:12	18	2:43	176	4:11	4.00	22:20	5:34	27	7:09	224	10:03