



# 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	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	11:55	5:57	27	5:38	250	5:55	2.00	11:55	5:57	11	1:12	161	5:55
Leichtathletikh	2.00	10:25	5:12	18	2:43	176	4:11	4.00	22:20	5:34	27	7:09	224	10:03