



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Berndt, Roland

Club: Erfurt
Number: 1097

Course: 10.00 km
Wertungslauf um den Braugold-Pokal

Category:
Senioren M60 (60-69 Jahre)

Total time: 50:50

Speed: 11.80 km/h
Running performance: 5:05 min/km

Rank in course/Total: 372 (of 686)

Rank in course/Men: 334 (of 543)

Best time in course: 29:39

Rank in category: 10(of 25)

Best time in the category: 42:27

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	10:12	5:05	12	1:59	296	4:10	2.00	10:12	5:05	19		231	4:10
Runde	2.00	10:06	5:02	10	1:36	351	4:09	4.00	20:18	5:04	19		229	8:19
Runde	2.00	10:09	5:04	10	1:34	332	4:14	6.00	30:27	5:04	19		228	12:33
Runde	2.00	10:20	5:10	10	1:40	347	4:25	8.00	40:47	5:05	19		227	16:58
Leichtathletikh	2.00	10:03	5:01	10	1:35	340	4:13	10.00	50:50	5:05	10	8:23	334	21:11