



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Roland, Michael**

Club: Erfurt  
Number: 930

Course: 10.00 km  
Wertungslauf um den Braugold-Pokal

Category:  
Senioren M50 (50-59 Jahre)

Total time: 47:07

Speed: 12.73 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 225 (of 686)

Rank in course/Men: 207 (of 543)

Best time in course: 29:39

Rank in category: 27(of 107)

Best time in the category: 39:41

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Runde	2.00	9:35	4:47	28	2:00	199	3:33	2.00	9:35	4:47	25	2:00	202	3:33
Runde	2.00	9:20	4:40	25	1:23	216	3:23	4.00	18:55	4:43	33	3:20	157	6:56
Runde	2.00	9:29	4:44	29	1:22	224	3:34	6.00	28:24	4:44	33	4:42	231	10:30
Runde	2.00	9:33	4:46	30	1:29	217	3:38	8.00	37:57	4:44	33	6:11	173	14:08
Leichtathletikhaf	2.00	9:10	4:34	21	1:15	191	3:20	10.00	47:07	4:42	27	7:26	207	17:28