



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Berndt, Roland

Club: Erfurt
Number: 1119

Course: 10.00 km
Vintage VDB Lauf

Category:
Senioren M60 (60-69 Jahre)

Total time: 52:51

Speed: 11.35 km/h
Running performance: 5:17 min/km

Rank in course/Total: 349 (of 637)

Rank in course/Men: 311 (of 493)

Best time in course: 31:35

Rank in category: 8(of 24)

Best time in the category: 43:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde Langstrec	2.00	11:02	5:30	12	2:34	323	4:45	2.00	11:02	5:30	7	0:20	253	4:45
Runde Langstrec	2.00	10:35	5:17	8	1:48	336	4:12	4.00	21:37	5:24	7	0:34	276	8:57
Runde Langstrec	2.00	10:28	5:14	7	1:32	310	4:00	6.00	32:05	5:20	7	0:38	381	12:57
Runde Langstrec	2.00	10:31	5:15	5	1:32	298	4:07	8.00	42:36	5:19	6	0:32	378	17:04
Leichtathletikh	2.00	10:15	5:07	5	1:27	297	4:12	10.00	52:51	5:17	8	8:53	311	21:16