



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Sahl, Marcus**

Club: RSV Adler Arnstadt

Number: 37

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 15:09

Speed: 15.84 km/h

Running performance: 3:47 min/km

Rank in course/Total: 24 (of 389)

Rank in course/Men: 20 (of 249)

Best time in course: 11:54

Rank in category: 2 (of 7)

Best time in the category: 13:17

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	7:25	3:42	2	1:05	20	1:26	2.00	7:25	3:42	2	1:05	19	1:25
Leichtathletikhilf	2.00	7:44	3:52	2	0:47	20	1:50	4.00	15:09	3:47	2	1:52	20	3:15