



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	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	7:25	3:42	2	1:05	20	1:26	2.00	7:25	3:42	2	1:05	19	1:25
Leichtathletikhalle	2.00	7:44	3:52	2	0:47	20	1:50	4.00	15:09	3:47	2	1:52	20	3:15