



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sahl, Andreas

Club: RSV Adler Arnstadt

Number: 38

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 17:56

Speed: 13.38 km/h

Running performance: 4:29 min/km

Rank in course/Total: 74 (of 389)

Rank in course/Men: 60 (of 249)

Best time in course: 11:54

Rank in category: 12 (of 63)

Best time in the category: 14:23

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	9:14	4:36	14	2:13	76	3:15	2.00	9:14	4:36	22		220	3:14
Leichtathletikhalle	2.00	8:42	4:20	9	1:20	52	2:48	4.00	17:56	4:29	12	3:33	60	6:02