



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Sahl, Marcus**

Club: RSV Adler Arnstadt

Number: 498

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlo

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 15:29

Speed: 15.50 km/h

Running performance: 3:52 min/km

Rank in course/Total: 34 (of 477)

Rank in course/Men: 31 (of 315)

Best time in course: 12:17

Rank in category: 3(of 9)

Best time in the category: 13:03

### 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	7:33	3:46	3	1:09	28	1:33	2.00	7:33	3:46	6	1:09	98	1:33
Leichtathletikh	2.00	7:56	3:58	3	1:17	37	1:42	4.00	15:29	3:52	3	2:26	31	3:12