



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 Mittelfüringen

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