



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Sahl, Andreas

Club: RSV Adler Arnstadt

Number: 499

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M50 (50-59 Jahre)

Total time: 17:22

Speed: 13.82 km/h

Running performance: 4:20 min/km

Rank in course/Total: 85 (of 477)

Rank in course/Men: 75 (of 315)

Best time in course: 12:17

Rank in category: 8(of 35)

Best time in the category: 15:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	8:54	4:27	9	2:37	87	2:54	2.00	8:54	4:27	21		51	2:54	
Leichtathletikhalle	2.00	8:28	4:14	7	0:46	62	2:14	4.00	17:22	4:20	8	2:11	75	5:05	