



# 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 Mittelhungenlo

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	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	8:54	4:27	9	2:37	87	2:54	2.00	8:54	4:27	21		51	2:54
Leichtathletikh	2.00	8:28	4:14	7	0:46	62	2:14	4.00	17:22	4:20	8	2:11	75	5:05