



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

STEPPUTAT, Olaf

Club: Erfurter SSC Wasserball

Number: 299

Course: 9.75 km

10 km Lauf

Category:

Männer M45

Total time: 46:38

Speed: 11.58 km/h

Running performance: 4:47 min/km

Rank in course/Total: 63 (of 207)

Rank in course/Men: 61 (of 156)

Best time in course: 32:53

Rank in category: 12(of 34)

Best time in the category: 38:40

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	
Lap 1	3.25	14:28	4:27	9	2:13	43	3:53	3.25	14:28	4:27	29			61	3:53
Lap 2	3.25	16:02	4:56	16	2:53	69	5:01	6.50	30:30	4:41	29			61	8:54
Last lap Finish	3.25	16:08	4:57	18	3:08	72	4:51	9.75	46:38	4:46	12	7:58		62	15:02