



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Respondek, Steffen**

Club: Wachsenburggemeinde

Number: 1421

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:07

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 280 (of 618)

Rank in course/Men: 259 (of 500)

Best time in course: 31:03

Rank in category: 39(of 89)

Best time in the category: 36:19

### 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	9:24	4:42	28	2:24	200	3:21	2.00	9:24	4:42	48	1:00	89	0:54
Runde	2.00	9:40	4:49	36	2:22	252	3:34	4.00	19:04	4:46	27		97	6:46
Runde	2.00	10:05	5:02	45	2:44	291	3:51	6.00	29:09	4:51	27		419	10:37
Runde	2.00	10:07	5:03	44	2:46	285	3:51	8.00	39:16	4:54	27		480	14:28
Leichtathletikhalle	2.00	9:51	4:55	43	2:32	281	3:40	10.00	49:07	4:54	39	12:48	260	22:39