



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stepputat, Olaf

Club: ESSC Wasserball

Number: 1372

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:37

Speed: 11.40 km/h

Running performance: 5:16 min/km

Rank in course/Total: 406 (of 618)

Rank in course/Men: 361 (of 500)

Best time in course: 31:03

Rank in category: 130(of 171)

Best time in the category: 34:32

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	9:52	4:56	91	3:14	262	3:49	2.00	9:52	4:56	53	1:22	111	1:22
Runde	2.00	10:17	5:08	134	3:26	364	4:11	4.00	20:09	5:02	165	5:51	479	7:51
Runde	2.00	11:01	5:30	144	3:53	412	4:47	6.00	31:10	5:11	163	9:30	192	12:38
Runde	2.00	10:29	5:14	120	3:29	338	4:13	8.00	41:39	5:12	120	12:40	242	16:51
Leichtathletikhalle	2.00	10:58	5:29	143	4:03	407	4:47	10.00	52:37	5:15	130	18:05	362	26:09