



18. Sondershäuser Kristall-Lauf
Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Wingender, Gerhard

Club: Handball Club Neuwied
Number: 416

Course: 9.40 km
10 km (680 m unter der Erdoberfläche)

Category:
Männer 50 bis 59 Jahre

Total time: 48:31

Speed: 11.62 km/h
Running performance: 5:10 min/km

Rank in course/Total: 136 (of 373)

Rank in course/Men: 123 (of 286)

Best time in course: 31:07

Rank in category: 29(of 80)

Best time in the category: 36:02

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.20	11:10	5:04	31	3:21	154	4:08	2.20	11:10	5:04	31	3:21	154	4:08
Rundenzeit	1.80	8:48	4:53	24	1:57	118	2:50	4.00	19:58	4:59	29	5:18	138	6:58
Rundenzeit	1.80	9:12	5:06	27	2:07	120	3:04	5.80	29:10	5:01	29	7:25	131	9:59
Rundenzeit	1.80	9:40	5:22	37	2:33	147	3:37	7.60	38:50	5:06	32	9:49	132	13:36
Finish	1.80	9:41	5:22	34	9:32	139	9:32	9.40	48:31	5:09	29	12:29	127	17:24