



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

Detailed evaluation

Jacobi, Ingobert

Club: LG Südharzläufer
Number: 145

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

Category:
Männer 70 bis 79 Jahre

Total time: 57:21

Speed: 9.42 km/h
Running performance: 6:06 min/km

Rank in course/Total: 271 (of 373)

Rank in course/Men: 221 (of 286)

Best time in course: 31:07

Rank in category: 4(of 6)

Best time in the category: 43:41

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
Rundenzeit	2.20	12:12	5:32	4	2:58	197	5:10	2.20	12:12	5:32	4	2:58	197	5:10
Rundenzeit	1.80	11:07	6:10	5	2:52	255	5:09	4.00	23:19	5:49	5	5:50	234	10:19
Rundenzeit	1.80	11:20	6:17	5	2:50	246	5:12	5.80	34:39	5:58	5	8:40	235	15:28
Rundenzeit	1.80	11:29	6:22	5	2:38	233	5:26	7.60	46:08	6:04	5	11:18	238	20:54
Finish	1.80	11:13	6:13	4	2:22	206	11:04	9.40	57:21	6:06	4	13:40	225	26:14