



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

Detailed evaluation

Lencz, Andreas

Club: Langenhagen  
Number: 204

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

Category:  
Männer 50 bis 59 Jahre

Total time: 1:04:50

Speed: 8.70 km/h  
Running performance: 6:54 min/km

Rank in course/Total: 325 (of 373)

Rank in course/Men: 256 (of 286)

Best time in course: 31:07

Rank in category: 71(of 80)

Best time in the category: 36:02

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	14:23	6:32	75	6:34	276	7:21	2.20	14:23	6:32	75	6:34	276	7:21
Rundenzeit	1.80	12:04	6:42	73	5:13	272	6:06	4.00	26:27	6:36	74	11:47	274	13:27
Rundenzeit	1.80	12:37	7:00	73	5:32	268	6:29	5.80	39:04	6:44	74	17:19	272	19:53
Rundenzeit	1.80	13:20	7:24	77	6:13	274	7:17	7.60	52:24	6:53	74	23:23	272	27:10
Finish	1.80	12:26	6:54	66	12:17	240	12:17	9.40	1:04:50	6:53	73	28:48	264	33:43