



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Schwarzkopf, Helmut

Club: SV Kyffhäuser
Number: 365

Course: 10.50 km
10 km (680 m unter der Erdoberfläche)

Category:
Männer 60 bis 69 Jahre

Total time: 51:43

Speed: 11.60 km/h
Running performance: 4:56 min/km

Rank in course/Total: 99 (of 389)

Rank in course/Men: 90 (of 301)

Best time in course: 32:58

Rank in category: 2(of 24)

Best time in the category: 43:40

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	2.10	9:37	4:34	2	1:07	51	3:15	2.10	9:37	4:34	2	1:07	51	3:15
Rundenzeit	2.10	10:07	4:49	2	1:34	116	8:29	4.20	19:44	4:41	2	2:41	73	6:50
Rundenzeit	2.10	10:36	5:02	4	1:48	117	3:56	6.30	30:20	4:48	2	4:29	80	10:46
Rundenzeit	2.10	10:43	5:06	2	1:55	105	4:03	8.40	41:03	4:53	2	6:24	85	14:49
Finish	2.10	10:40	5:04	3	1:39	112	3:56	10.50	51:43	4:55	2	8:03	90	18:45