



19. Sondershäuser Kristall-Lauf
Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Lokajczyk, Thomas

Club: SG Stern Hamburg
Number: 242

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

Category:
Männer 50 bis 59 Jahre

Total time: 52:21

Speed: 11.46 km/h
Running performance: 4:59 min/km

Rank in course/Total: 110 (of 389)

Rank in course/Men: 100 (of 301)

Best time in course: 32:58

Rank in category: 21(of 86)

Best time in the category: 42:31

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	10:51	5:09	32	2:48	119	4:29	2.10	10:51	5:09	32	2:48	119	4:29
Rundenzeit	2.10	9:57	4:44	20	1:33	98	8:19	4.20	20:48	4:57	28	4:21	104	7:54
Rundenzeit	2.10	10:13	4:51	21	1:36	87	3:33	6.30	31:01	4:55	24	5:56	98	11:27
Rundenzeit	2.10	11:09	5:18	36	2:22	139	4:29	8.40	42:10	5:01	24	8:17	103	15:56
Finish	2.10	10:11	4:50	20	1:50	82	3:27	10.50	52:21	4:59	21	9:50	100	19:23