



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

Detailed evaluation

Schlicker, Günter

Club: Grubenwehr Bergwerk Ost
Number: 339

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

Category:
Männer 60 bis 69 Jahre

Total time: 53:02

Speed: 11.31 km/h
Running performance: 5:03 min/km

Rank in course/Total: 119 (of 389)

Rank in course/Men: 106 (of 301)

Best time in course: 32:58

Rank in category: 3(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	10:33	5:01	3	2:03	96	4:11	2.10	10:33	5:01	3	2:03	96	4:11
Rundenzeit	2.10	10:22	4:56	4	1:49	129	8:44	4.20	20:55	4:58	3	3:52	109	8:01
Rundenzeit	2.10	10:34	5:01	3	1:46	115	3:54	6.30	31:29	4:59	3	5:38	110	11:55
Rundenzeit	2.10	10:51	5:09	4	2:03	115	4:11	8.40	42:20	5:02	3	7:41	106	16:06
Finish	2.10	10:42	5:05	5	1:41	118	3:58	10.50	53:02	5:03	3	9:22	106	20:04