



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

Detailed evaluation

Barlsen, Holger

Club: SC Langenhagen
Number: 11

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

Category:
Männer 50 bis 59 Jahre

Total time: 53:05

Speed: 11.30 km/h
Running performance: 5:04 min/km

Rank in course/Total: 121 (of 389)

Rank in course/Men: 108 (of 301)

Best time in course: 32:58

Rank in category: 27(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	10:21	4:55	23	2:18	80	3:59	2.10	10:21	4:55	23	2:18	80	3:59				
Rundenzeit	2.10	9:23	4:28	16	0:59	65	7:45	4.20	19:44	4:41	19	3:17	73	6:50				
Rundenzeit	2.10	10:23	4:56	24	1:46	103	3:43	6.30	30:07	4:46	18	5:02	76	10:33				
Rundenzeit	2.10	11:21	5:24	39	2:34	154	4:41	8.40	41:28	4:56	20	7:35	92	15:14				
Finish	2.10	11:37	5:31	47	3:16	175	4:53	10.50	53:05	5:03	27	10:34	108	20:07				