



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Ecker-Pulz, Peter

Club: Melibokusschule Alsbach
Number: 89

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

Category:
Männer 50 bis 59 Jahre

Total time: 53:27

Speed: 11.79 km/h
Running performance: 5:05 min/km

Rank in course/Total: 125 (of 389)

Rank in course/Men: 111 (of 301)

Best time in course: 32:58

Rank in category: 29(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	10:33	5:01	29	2:30	96	4:11	2.10	10:33	5:01	29	2:30	96	4:11
Rundenzeit	2.10	10:03	4:47	26	1:39	110	8:25	4.20	20:36	4:54	25	4:09	99	7:42
Rundenzeit	2.10	10:52	5:10	39	2:15	142	4:12	6.30	31:28	4:59	27	6:23	109	11:54
Rundenzeit	2.10	10:57	5:12	32	2:10	126	4:17	8.40	42:25	5:02	29	8:32	109	16:11
Finish	2.10	11:02	5:15	34	2:41	138	4:18	10.50	53:27	5:05	29	10:56	111	20:29