



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

Detailed evaluation

Rothers, Michael

Club: Rhede

Number: 327

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 50 bis 59 Jahre

Total time: 53:46

Speed: 11.16 km/h

Running performance: 5:07 min/km

Rank in course/Total: 130 (of 389)

Rank in course/Men: 116 (of 301)

Best time in course: 32:58

Rank in category: 31(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	11:34	5:30	47	3:31	160	5:12	2.10	11:34	5:30	47	3:31	160	5:12
Rundenzeit	2.10	10:09	4:49	29	1:45	118	8:31	4.20	21:43	5:10	37	5:16	139	8:49
Rundenzeit	2.10	10:28	4:59	27	1:51	108	3:48	6.30	32:11	5:06	33	7:06	123	12:37
Rundenzeit	2.10	10:42	5:05	26	1:55	104	4:02	8.40	42:53	5:06	31	9:00	116	16:39
Finish	2.10	10:53	5:10	33	2:32	125	4:09	10.50	53:46	5:07	31	11:15	116	20:48