



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

Detailed evaluation

Lange, Heiko

Club: Lauffreunde Zimmermann  
Number: 226

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

Category:  
Männer 50 bis 59 Jahre

Total time: 53:53

Speed: 11.14 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 135 (of 389)

Rank in course/Men: 119 (of 301)

Best time in course: 32:58

Rank in category: 32(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	11:17	5:22	40	3:14	143	4:55	2.10	11:17	5:22	40	3:14	143	4:55
Rundenzeit	2.10	10:12	4:51	31	1:48	121	8:34	4.20	21:29	5:06	36	5:02	132	8:35
Rundenzeit	2.10	10:47	5:08	37	2:10	136	4:07	6.30	32:16	5:07	35	7:11	128	12:42
Rundenzeit	2.10	10:57	5:12	32	2:10	126	4:17	8.40	43:13	5:08	32	9:20	121	16:59
Finish	2.10	10:40	5:04	27	2:19	112	3:56	10.50	53:53	5:07	32	11:22	119	20:55