



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

Detailed evaluation

Zimmermann, Uli

Club: Lauffreunde Zimmermann
Number: 452

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

Category:
Männer 60 bis 69 Jahre

Total time: 53:53

Speed: 11.69 km/h
Running performance: 5:08 min/km

Rank in course/Total: 136 (of 389)

Rank in course/Men: 119 (of 301)

Best time in course: 32:58

Rank in category: 4(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	11:17	5:22	6	2:47	143	4:55	2.10	11:17	5:22	6	2:47	143	4:55
Rundenzeit	2.10	10:15	4:52	3	1:42	125	8:37	4.20	21:32	5:07	4	4:29	134	8:38
Rundenzeit	2.10	10:44	5:06	5	1:56	132	4:04	6.30	32:16	5:07	4	6:25	128	12:42
Rundenzeit	2.10	10:57	5:12	5	2:09	126	4:17	8.40	43:13	5:08	4	8:34	121	16:59
Finish	2.10	10:40	5:04	3	1:39	112	3:56	10.50	53:53	5:07	4	10:13	119	20:55