



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: 11.14 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|            |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |