



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

Detailed evaluation

de Graaf, Willem

Club: Harlingen  
Number: 68

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

Category:  
Männer 60 bis 69 Jahre

Total time: 54:18

Speed: 11.05 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 145 (of 389)

Rank in course/Men: 126 (of 301)

Best time in course: 32:58

Rank in category: 5(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	11:02	5:15	5	2:32	133	4:40	2.10	11:02	5:15	5	2:32	133	4:40
Rundenzeit	2.10	10:31	5:00	5	1:58	137	8:53	4.20	21:33	5:07	5	4:30	135	8:39
Rundenzeit	2.10	10:44	5:06	5	1:56	132	4:04	6.30	32:17	5:07	5	6:26	130	12:43
Rundenzeit	2.10	10:58	5:13	6	2:10	130	4:18	8.40	43:15	5:08	5	8:36	124	17:01
Finish	2.10	11:03	5:15	7	2:02	141	4:19	10.50	54:18	5:10	5	10:38	126	21:20