



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

Detailed evaluation

Wolter, Steffen

Club: RennsteigSpirit
Number: 447

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

Category:
Männer 50 bis 59 Jahre

Total time: 54:21

Speed: 11.04 km/h
Running performance: 5:11 min/km

Rank in course/Total: 147 (of 389)

Rank in course/Men: 128 (of 301)

Best time in course: 32:58

Rank in category: 35(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	12:04	5:44	56	4:01	185	5:42	2.10	12:04	5:44	56	4:01	185	5:42
Rundenzeit	2.10	10:39	5:04	38	2:15	149	9:01	4.20	22:43	5:24	50	6:16	178	9:49
Rundenzeit	2.10	10:37	5:03	32	2:00	118	3:57	6.30	33:20	5:17	44	8:15	153	13:46
Rundenzeit	2.10	10:45	5:07	27	1:58	107	4:05	8.40	44:05	5:14	39	10:12	142	17:51
Finish	2.10	10:16	4:53	22	1:55	89	3:32	10.50	54:21	5:10	35	11:50	128	21:23