



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

Detailed evaluation

Weißgerber, Gerd

Club: Bad Leubnitztal
Number: 426

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

Category:
Männer 50 bis 59 Jahre

Total time: 54:24

Speed: 11.03 km/h
Running performance: 5:11 min/km

Rank in course/Total: 148 (of 389)

Rank in course/Men: 129 (of 301)

Best time in course: 32:58

Rank in category: 36(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	10:52	5:10	33	2:49	121	4:30	2.10	10:52	5:10	33	2:49	121	4:30
Rundenzeit	2.10	10:28	4:59	34	2:04	132	8:50	4.20	21:20	5:04	34	4:53	123	8:26
Rundenzeit	2.10	10:30	5:00	29	1:53	110	3:50	6.30	31:50	5:03	30	6:45	116	12:16
Rundenzeit	2.10	10:59	5:13	34	2:12	131	4:19	8.40	42:49	5:05	30	8:56	113	16:35
Finish	2.10	11:35	5:30	46	3:14	172	4:51	10.50	54:24	5:10	36	11:53	129	21:26