



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

Detailed evaluation

Niebuhr, Klaus

Club: Stapelläufer
Number: 280

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

Category:
Männer 50 bis 59 Jahre

Total time: 54:36

Speed: 10.99 km/h
Running performance: 5:12 min/km

Rank in course/Total: 153 (of 389)

Rank in course/Men: 133 (of 301)

Best time in course: 32:58

Rank in category: 37(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	10:27	4:58	24	2:24	85	4:05	2.10	10:27	4:58	24	2:24	85	4:05
Rundenzeit	2.10	10:40	5:04	40	2:16	154	9:02	4.20	21:07	5:01	31	4:40	116	8:13
Rundenzeit	2.10	11:01	5:14	40	2:24	147	4:21	6.30	32:08	5:06	32	7:03	121	12:34
Rundenzeit	2.10	11:18	5:22	37	2:31	150	4:38	8.40	43:26	5:10	35	9:33	129	17:12
Finish	2.10	11:10	5:19	36	2:49	143	4:26	10.50	54:36	5:12	37	12:05	133	21:38