



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

Detailed evaluation

Lohmann, Rolf Michael

Club: SG Stern Hamburg  
Number: 241

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

Category:  
Männer 50 bis 59 Jahre

Total time: 55:09

Speed: 10.88 km/h  
Running performance: 5:15 min/km

Rank in course/Total: 160 (of 389)

Rank in course/Men: 139 (of 301)

Best time in course: 32:58

Rank in category: 39(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	12:33	5:58	60	4:30	215	6:11	2.10	12:33	5:58	60	4:30	215	6:11
Rundenzeit	2.10	10:42	5:05	42	2:18	158	9:04	4.20	23:15	5:32	54	6:48	196	10:21
Rundenzeit	2.10	10:30	5:00	29	1:53	110	3:50	6.30	33:45	5:21	46	8:40	166	14:11
Rundenzeit	2.10	10:50	5:09	29	2:03	113	4:10	8.40	44:35	5:18	42	10:42	150	18:21
Finish	2.10	10:34	5:01	24	2:13	105	3:50	10.50	55:09	5:15	39	12:38	139	22:11