



# 19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

## Detailed evaluation

**Löchte, Hermann**

Club: LSF Münster  
Number: 239

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

Category:  
Männer 60 bis 69 Jahre

Total time: 55:52

Speed: 10.74 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 172 (of 389)

Rank in course/Men: 149 (of 301)

Best time in course: 32:58

Rank in category: 7(of 24)

Best time in the category: 43:40

| Control    | Intermediate times |            |              |          | Stage score |         |            |          | Total ranking |              |          |             |         |            |
|------------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
|            | Split km           | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time    | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Rundenzeit | 2.10               | 12:20      | 5:52         | 10       | 3:50        | 199     | 5:58       | 2.10     | 12:20         | 5:52         | 10       | 3:50        | 199     | 5:58       |
| Rundenzeit | 2.10               | 10:57      | 5:12         | 8        | 2:24        | 182     | 9:19       | 4.20     | 23:17         | 5:32         | 10       | 6:14        | 199     | 10:23      |
| Rundenzeit | 2.10               | 11:13      | 5:20         | 8        | 2:25        | 166     | 4:33       | 6.30     | 34:30         | 5:28         | 10       | 8:39        | 190     | 14:56      |
| Rundenzeit | 2.10               | 11:05      | 5:16         | 7        | 2:17        | 135     | 4:25       | 8.40     | 45:35         | 5:25         | 8        | 10:56       | 170     | 19:21      |
| Finish     | 2.10               | 10:17      | 4:53         | 2        | 1:16        | 90      | 3:33       | 10.50    | 55:52         | 5:19         | 7        | 12:12       | 149     | 22:54      |