



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

Detailed evaluation

Kleczka, Jörg

Club: SC Langenhagen e.V.
Number: 196

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

Category:
Männer 50 bis 59 Jahre

Total time: 56:14

Speed: 10.67 km/h
Running performance: 5:22 min/km

Rank in course/Total: 178 (of 389)

Rank in course/Men: 155 (of 301)

Best time in course: 32:58

Rank in category: 43(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	11:20	5:23	42	3:17	148	4:58	2.10	11:20	5:23	42	3:17	148	4:58
Rundenzeit	2.10	10:46	5:07	44	2:22	163	9:08	4.20	22:06	5:15	42	5:39	149	9:12
Rundenzeit	2.10	11:11	5:19	43	2:34	162	4:31	6.30	33:17	5:16	43	8:12	152	13:43
Rundenzeit	2.10	11:27	5:27	40	2:40	156	4:47	8.40	44:44	5:19	44	10:51	156	18:30
Finish	2.10	11:30	5:28	43	3:09	165	4:46	10.50	56:14	5:21	43	13:43	155	23:16