



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Stelzer, Ralf

Club: Member of Rebel Family
Number: 380

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

Category:
Männer 60 bis 69 Jahre

Total time: 56:20

Speed: 11.18 km/h
Running performance: 5:22 min/km

Rank in course/Total: 181 (of 389)

Rank in course/Men: 158 (of 301)

Best time in course: 32:58

Rank in category: 8(of 24)

Best time in the category: 43:40

Intermediate times

Stage score

Total ranking

Control	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	11:35	5:30	8	3:05	161	5:13	2.10	11:35	5:30	8	3:05	161	5:13
Rundenzeit	2.10	10:36	5:02	7	2:03	146	8:58	4.20	22:11	5:16	7	5:08	152	9:17
Rundenzeit	2.10	11:04	5:16	7	2:16	149	4:24	6.30	33:15	5:16	7	7:24	150	13:41
Rundenzeit	2.10	11:28	5:27	8	2:40	158	4:48	8.40	44:43	5:19	7	10:04	154	18:29
Finish	2.10	11:37	5:31	10	2:36	175	4:53	10.50	56:20	5:21	8	12:40	158	23:22