



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Mohr, Peter

Club: Hennigsdorf

Number: 265

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 50 bis 59 Jahre

Total time: 56:26

Speed: 11.16 km/h

Running performance: 5:22 min/km

Rank in course/Total: 189 (of 389)

Rank in course/Men: 166 (of 301)

Best time in course: 32:58

Rank in category: 46(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	13:46	6:33	73	5:43	266	7:24	2.10	13:46	6:33	73	5:43	266	7:24
Rundenzeit	2.10	12:22	5:53	69	3:58	251	10:44	4.20	26:08	6:13	72	9:41	262	13:14
Rundenzeit	2.10	10:49	5:09	38	2:12	138	4:09	6.30	36:57	5:51	61	11:52	230	17:23
Rundenzeit	2.10	9:55	4:43	15	1:08	53	3:15	8.40	46:52	5:34	51	12:59	192	20:38
Finish	2.10	9:34	4:33	10	1:13	43	2:50	10.50	56:26	5:22	46	13:55	166	23:28