



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

Detailed evaluation

Hinze, Wolfgang

Club: SV Burkhardtgrün
Number: 167

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

Category:
Männer 60 bis 69 Jahre

Total time: 57:07

Speed: 10.50 km/h
Running performance: 5:26 min/km

Rank in course/Total: 198 (of 389)

Rank in course/Men: 175 (of 301)

Best time in course: 32:58

Rank in category: 9(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.	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	11:23	5:25	7	2:53	151	5:01	2.10	11:23	5:25	7	2:53	151	5:01
Rundenzeit	2.10	11:03	5:15	10	2:30	189	9:25	4.20	22:26	5:20	9	5:23	162	9:32
Rundenzeit	2.10	11:37	5:31	10	2:49	190	4:57	6.30	34:03	5:24	8	8:12	173	14:29
Rundenzeit	2.10	11:35	5:30	9	2:47	169	4:55	8.40	45:38	5:25	9	10:59	173	19:24
Finish	2.10	11:29	5:28	9	2:28	161	4:45	10.50	57:07	5:26	9	13:27	175	24:09