



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

Detailed evaluation

Lehnert, Gerd

Club: TSV 1872 Pobershau
Number: 232

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

Category:
Männer 50 bis 59 Jahre

Total time: 43:16

Speed: 13.87 km/h
Running performance: 4:07 min/km

Rank in course/Total: 16 (of 389)

Rank in course/Men: 16 (of 301)

Best time in course: 32:58

Rank in category: 3(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	8:32	4:03	3	0:29	21	2:10	2.10	8:32	4:03	3	0:29	21	2:10
Rundenzeit	2.10	8:30	4:02	2	0:06	18	6:52	4.20	17:02	4:03	3	0:35	19	4:08
Rundenzeit	2.10	8:40	4:07	3	0:03	15	2:00	6.30	25:42	4:04	2	0:37	16	6:08
Rundenzeit	2.10	8:47	4:10	1	-	14	2:07	8.40	34:29	4:06	2	0:36	16	8:15
Finish	2.10	8:47	4:10	3	0:26	18	2:03	10.50	43:16	4:07	3	0:45	16	10:18