



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

Detailed evaluation

Stoffels, Michael

Club: Erkelenz
Number: 381

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

Category:
Männer 50 bis 59 Jahre

Total time: 58:14

Speed: 10.30 km/h
Running performance: 5:33 min/km

Rank in course/Total: 204 (of 389)

Rank in course/Men: 180 (of 301)

Best time in course: 32:58

Rank in category: 49(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	11:50	5:38	52	3:47	172	5:28	2.10	11:50	5:38	52	3:47	172	5:28
Rundenzeit	2.10	10:30	5:00	36	2:06	136	8:52	4.20	22:20	5:19	46	5:53	158	9:26
Rundenzeit	2.10	11:06	5:17	41	2:29	151	4:26	6.30	33:26	5:18	45	8:21	155	13:52
Rundenzeit	2.10	12:13	5:49	58	3:26	211	5:33	8.40	45:39	5:26	46	11:46	174	19:25
Finish	2.10	12:35	5:59	61	4:14	226	5:51	10.50	58:14	5:32	49	15:43	180	25:16