



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Küchler, Ingo

Club: SV Rot- Weiß Sondershausen e.V.
Number: 218

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

Category:
Männer 50 bis 59 Jahre

Total time: 58:30

Speed: 10.26 km/h
Running performance: 5:34 min/km

Rank in course/Total: 209 (of 389)

Rank in course/Men: 185 (of 301)

Best time in course: 32:58

Rank in category: 50(of 86)

Best time in the category: 42:31

Control	Intermediate times				Stage score				Total ranking					
	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	11:36	5:31	48	3:33	162	5:14	2.10	11:36	5:31	48	3:33	162	5:14
Rundenzeit	2.10	11:42	5:34	60	3:18	224	10:04	4.20	23:18	5:32	55	6:51	201	10:24
Rundenzeit	2.10	11:29	5:28	51	2:52	183	4:49	6.30	34:47	5:31	50	9:42	193	15:13
Rundenzeit	2.10	11:53	5:39	52	3:06	185	5:13	8.40	46:40	5:33	50	12:47	188	20:26
Finish	2.10	11:50	5:38	53	3:29	193	5:06	10.50	58:30	5:34	50	15:59	185	25:32