



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

Detailed evaluation

Röthling, Klaus

Club: VfL 28 Ellrich
Number: 328

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

Category:
Männer 60 bis 69 Jahre

Total time: 58:40

Speed: 10.23 km/h
Running performance: 5:35 min/km

Rank in course/Total: 213 (of 389)

Rank in course/Men: 189 (of 301)

Best time in course: 32:58

Rank in category: 10(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	10:44	5:06	4	2:14	114	4:22	2.10	10:44	5:06	4	2:14	114	4:22				
Rundenzeit	2.10	11:25	5:26	12	2:52	207	9:47	4.20	22:09	5:16	6	5:06	150	9:15				
Rundenzeit	2.10	12:13	5:49	13	3:25	221	5:33	6.30	34:22	5:27	9	8:31	188	14:48				
Rundenzeit	2.10	12:10	5:47	12	3:22	205	5:30	8.40	46:32	5:32	10	11:53	186	20:18				
Finish	2.10	12:08	5:46	12	3:07	203	5:24	10.50	58:40	5:35	10	15:00	189	25:42				