



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

Detailed evaluation

Herrmann, Michael

Club: sc impuls erfurt
Number: 162

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

Category:
Männer 60 bis 69 Jahre

Total time: 43:40

Speed: 13.74 km/h
Running performance: 4:10 min/km

Rank in course/Total: 17 (of 389)

Rank in course/Men: 17 (of 301)

Best time in course: 32:58

Rank in category: 1(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	8:30	4:02	1	-	19	2:08	2.10	8:30	4:02	1	-	19	2:08
Rundenzeit	2.10	8:33	4:04	1	-	19	6:55	4.20	17:03	4:03	1	-	20	4:09
Rundenzeit	2.10	8:48	4:11	1	-	17	2:08	6.30	25:51	4:06	1	-	17	6:17
Rundenzeit	2.10	8:48	4:11	1	-	15	2:08	8.40	34:39	4:07	1	-	17	8:25
Finish	2.10	9:01	4:17	1	-	22	2:17	10.50	43:40	4:09	1	-	17	10:42