



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

Detailed evaluation

Wingender, Gerhard

Club: Handball Club Neuwied
Number: 437

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

Category:
Männer 50 bis 59 Jahre

Total time: 58:42

Speed: 10.22 km/h
Running performance: 5:35 min/km

Rank in course/Total: 214 (of 389)

Rank in course/Men: 190 (of 301)

Best time in course: 32:58

Rank in category: 51(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	10:05	4:48	17	2:02	68	3:43	2.10	10:05	4:48	17	2:02	68	3:43
Rundenzeit	2.10	11:15	5:21	53	2:51	200	9:37	4.20	21:20	5:04	34	4:53	123	8:26
Rundenzeit	2.10	12:39	6:01	67	4:02	240	5:59	6.30	33:59	5:23	47	8:54	170	14:25
Rundenzeit	2.10	12:31	5:57	63	3:44	222	5:51	8.40	46:30	5:32	49	12:37	185	20:16
Finish	2.10	12:12	5:48	58	3:51	210	5:28	10.50	58:42	5:35	51	16:11	190	25:44