



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

Detailed evaluation

Schleiter, Hans -Jürgen

Club: Mücheln
Number: 337

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

Category:
Männer 70 bis 79 Jahre

Total time: 59:01

Speed: 10.17 km/h
Running performance: 5:37 min/km

Rank in course/Total: 217 (of 389)

Rank in course/Men: 193 (of 301)

Best time in course: 32:58

Rank in category: 2(of 8)

Best time in the category: 50:57

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	10:35	5:02	2	0:49	101	4:13	2.10	10:35	5:02	2	0:49	101	4:13
Rundenzeit	2.10	11:19	5:23	2	1:28	204	9:41	4.20	21:54	5:12	2	2:17	144	9:00
Rundenzeit	2.10	11:59	5:42	2	1:48	201	5:19	6.30	33:53	5:22	2	4:05	168	14:19
Rundenzeit	2.10	12:56	6:09	3	2:28	241	6:16	8.40	46:49	5:34	2	6:33	191	20:35
Finish	2.10	12:12	5:48	2	1:31	210	5:28	10.50	59:01	5:37	2	8:04	193	26:03