



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Barber, Jeff

Club: SCL Langenhagen
Number: 10

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

Category:
Männer 60 bis 69 Jahre

Total time: 59:18

Speed: 10.12 km/h
Running performance: 5:39 min/km

Rank in course/Total: 224 (of 389)

Rank in course/Men: 199 (of 301)

Best time in course: 32:58

Rank in category: 12(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	13:36	6:28	18	5:06	259	7:14	2.10	13:36	6:28	18	5:06	259	7:14
Rundenzeit	2.10	11:20	5:23	11	2:47	205	9:42	4.20	24:56	5:56	16	7:53	234	12:02
Rundenzeit	2.10	11:19	5:23	9	2:31	173	4:39	6.30	36:15	5:45	12	10:24	215	16:41
Rundenzeit	2.10	11:37	5:31	10	2:49	172	4:57	8.40	47:52	5:41	12	13:13	207	21:38
Finish	2.10	11:26	5:26	8	2:25	157	4:42	10.50	59:18	5:38	12	15:38	199	26:20