



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

Detailed evaluation

Schnöbel, Gerhard

Club: TSV Grebenhain  
Number: 347

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

Category:  
Männer 60 bis 69 Jahre

Total time: 59:07

Speed: 10.15 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 218 (of 389)

Rank in course/Men: 194 (of 301)

Best time in course: 32:58

Rank in category: 11(of 24)

Best time in the category: 43:40

| Control    | Intermediate times |            |              |          |             |         | Stage score |          |            |              | Total ranking |             |         |            |
|------------|--------------------|------------|--------------|----------|-------------|---------|-------------|----------|------------|--------------|---------------|-------------|---------|------------|
|            | Split km           | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men  | Total km | Total Time | Total min/km | Pos Cat.      | Behind Cat. | Pos Men | Behind Men |
| Rundenzeit | 2.10               | 12:25      | 5:54         | 11       | 3:55        | 206     | 6:03        | 2.10     | 12:25      | 5:54         | 11            | 3:55        | 206     | 6:03       |
| Rundenzeit | 2.10               | 10:58      | 5:13         | 9        | 2:25        | 185     | 9:20        | 4.20     | 23:23      | 5:34         | 11            | 6:20        | 203     | 10:29      |
| Rundenzeit | 2.10               | 11:37      | 5:31         | 10       | 2:49        | 190     | 4:57        | 6.30     | 35:00      | 5:33         | 11            | 9:09        | 197     | 15:26      |
| Rundenzeit | 2.10               | 12:03      | 5:44         | 11       | 3:15        | 193     | 5:23        | 8.40     | 47:03      | 5:36         | 11            | 12:24       | 196     | 20:49      |
| Finish     | 2.10               | 12:04      | 5:44         | 11       | 3:03        | 200     | 5:20        | 10.50    | 59:07      | 5:37         | 11            | 15:27       | 194     | 26:09      |