



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

Detailed evaluation

Völkl, Heiko

Club: Intersport mum  
Number: 415

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

Category:  
Männer 40 bis 49 Jahre

Total time: 59:16

Speed: 10.12 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 223 (of 389)

Rank in course/Men: 198 (of 301)

Best time in course: 32:58

Rank in category: 53(of 83)

Best time in the category: 35:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	11:40	5:33	44	4:49	163	5:18	2.10	11:40	5:33	44	4:49	163	5:18				
Rundenzeit	2.10	10:54	5:11	48	3:55	174	9:16	4.20	22:34	5:22	46	8:44	169	9:40				
Rundenzeit	2.10	11:37	5:31	52	4:30	190	4:57	6.30	34:11	5:25	48	13:14	179	14:37				
Rundenzeit	2.10	12:44	6:03	67	5:34	234	6:04	8.40	46:55	5:35	52	18:48	193	20:41				
Finish	2.10	12:21	5:52	59	5:10	219	5:37	10.50	59:16	5:38	53	23:58	198	26:18				