



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Lechel, Hermann

Club: Seewolfjäger

Number: 230

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 50 bis 59 Jahre

Total time: 59:41

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 229 (of 389)

Rank in course/Men: 204 (of 301)

Best time in course: 32:58

Rank in category: 53(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	12:05	5:45	57	4:02	186	5:43	2.10	12:05	5:45	57	4:02	186	5:43
Rundenzeit	2.10	11:50	5:38	62	3:26	227	10:12	4.20	23:55	5:41	56	7:28	208	11:01
Rundenzeit	2.10	11:59	5:42	55	3:22	201	5:19	6.30	35:54	5:41	56	10:49	208	16:20
Rundenzeit	2.10	12:06	5:45	53	3:19	195	5:26	8.40	48:00	5:42	57	14:07	214	21:46
Finish	2.10	11:41	5:33	50	3:20	185	4:57	10.50	59:41	5:41	53	17:10	204	26:43