



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

Detailed evaluation

Liebermann, Rainer

Club: Die Unglaublichen
Number: 236

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

Category:
Männer 50 bis 59 Jahre

Total time: 59:50

Speed: 10.03 km/h
Running performance: 5:42 min/km

Rank in course/Total: 230 (of 389)

Rank in course/Men: 205 (of 301)

Best time in course: 32:58

Rank in category: 54(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.	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	12:32	5:58	59	4:29	214	6:10	2.10	12:32	5:58	59	4:29	214	6:10
Rundenzeit	2.10	11:33	5:30	55	3:09	212	9:55	4.20	24:05	5:44	58	7:38	215	11:11
Rundenzeit	2.10	11:56	5:40	54	3:19	199	5:16	6.30	36:01	5:43	57	10:56	213	16:27
Rundenzeit	2.10	11:47	5:36	47	3:00	178	5:07	8.40	47:48	5:41	53	13:55	203	21:34
Finish	2.10	12:02	5:43	56	3:41	199	5:18	10.50	59:50	5:41	54	17:19	205	26:52