



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

Detailed evaluation

Schramm, Norbert

Club: Weitramsdorf  
Number: 349

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

Category:  
Männer 50 bis 59 Jahre

Total time: 1:00:02

Speed: 10.49 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 233 (of 389)

Rank in course/Men: 207 (of 301)

Best time in course: 32:58

Rank in category: 55(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	13:11	6:16	67	5:08	248	6:49	2.10	13:11	6:16	67	5:08	248	6:49
Rundenzeit	2.10	11:00	5:14	51	2:36	187	9:22	4.20	24:11	5:45	60	7:44	219	11:17
Rundenzeit	2.10	11:27	5:27	50	2:50	181	4:47	6.30	35:38	5:39	55	10:33	206	16:04
Rundenzeit	2.10	12:10	5:47	56	3:23	205	5:30	8.40	47:48	5:41	53	13:55	203	21:34
Finish	2.10	12:14	5:49	60	3:53	213	5:30	10.50	1:00:02	5:43	55	17:31	207	27:04