



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

Detailed evaluation

Schölzchen, Frank

Club: LC Marathon Rotenburg  
Number: 348

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: 234 (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.	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	11:28	5:27	45	3:25	157	5:06	2.10	11:28	5:27	45	3:25	157	5:06				
Rundenzeit	2.10	11:29	5:28	54	3:05	210	9:51	4.20	22:57	5:27	52	6:30	183	10:03				
Rundenzeit	2.10	12:15	5:49	62	3:38	223	5:35	6.30	35:12	5:35	53	10:07	200	15:38				
Rundenzeit	2.10	12:39	6:01	64	3:52	228	5:59	8.40	47:51	5:41	55	13:58	206	21:37				
Finish	2.10	12:11	5:48	57	3:50	209	5:27	10.50	1:00:02	5:43	55	17:31	207	27:04				