



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

Detailed evaluation

Dettke, Manfred

Club: BSG Commerzbank Hannover
Number: 69

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:00:59

Speed: 9.84 km/h
Running performance: 5:49 min/km

Rank in course/Total: 252 (of 389)

Rank in course/Men: 219 (of 301)

Best time in course: 32:58

Rank in category: 59(of 86)

Best time in the category: 42:31

Control	Intermediate times			Stage score				Total ranking						
	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	13:37	6:29	71	5:34	261	7:15	2.10	13:37	6:29	71	5:34	261	7:15
Rundenzeit	2.10	11:58	5:41	64	3:34	235	10:20	4.20	25:35	6:05	69	9:08	252	12:41
Rundenzeit	2.10	12:05	5:45	57	3:28	211	5:25	6.30	37:40	5:58	65	12:35	238	18:06
Rundenzeit	2.10	11:49	5:37	49	3:02	180	5:09	8.40	49:29	5:53	64	15:36	228	23:15
Finish	2.10	11:30	5:28	43	3:09	165	4:46	10.50	1:00:59	5:48	59	18:28	219	28:01