



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

Detailed evaluation

Schafsteller, Bernd

Club: Da müssen wir durch
Number: 331

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:01:10

Speed: 9.81 km/h
Running performance: 5:50 min/km

Rank in course/Total: 254 (of 389)

Rank in course/Men: 220 (of 301)

Best time in course: 32:58

Rank in category: 60(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	11:18	5:22	41	3:15	145	4:56	2.10	11:18	5:22	41	3:15	145	4:56				
Rundenzeit	2.10	11:35	5:30	57	3:11	218	9:57	4.20	22:53	5:26	51	6:26	181	9:59				
Rundenzeit	2.10	12:08	5:46	60	3:31	217	5:28	6.30	35:01	5:33	52	9:56	198	15:27				
Rundenzeit	2.10	12:55	6:09	65	4:08	239	6:15	8.40	47:56	5:42	56	14:03	211	21:42				
Finish	2.10	13:14	6:18	67	4:53	250	6:30	10.50	1:01:10	5:49	60	18:39	220	28:12				