



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

Detailed evaluation

Erpel, Haiko

Club: DAV Sektion Potsdam
Number: 97

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:01:14

Speed: 9.80 km/h
Running performance: 5:50 min/km

Rank in course/Total: 256 (of 389)

Rank in course/Men: 221 (of 301)

Best time in course: 32:58

Rank in category: 61(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	13:09	6:15	66	5:06	246	6:47	2.10	13:09	6:15	66	5:06	246	6:47				
Rundenzeit	2.10	12:03	5:44	67	3:39	241	10:25	4.20	25:12	6:00	65	8:45	239	12:18				
Rundenzeit	2.10	12:05	5:45	57	3:28	211	5:25	6.30	37:17	5:55	62	12:12	232	17:43				
Rundenzeit	2.10	12:18	5:51	60	3:31	216	5:38	8.40	49:35	5:54	65	15:42	231	23:21				
Finish	2.10	11:39	5:32	48	3:18	178	4:55	10.50	1:01:14	5:49	61	18:43	221	28:16				