



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

Detailed evaluation

Güntzel, Wieland

Club: Lok Themar
Number: 141

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

Category:
Männer 60 bis 69 Jahre

Total time: 1:01:29

Speed: 9.76 km/h
Running performance: 5:52 min/km

Rank in course/Total: 260 (of 389)

Rank in course/Men: 222 (of 301)

Best time in course: 32:58

Rank in category: 13(of 24)

Best time in the category: 43:40

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	12:34	5:59	14	4:04	217	6:12	2.10	12:34	5:59	14	4:04	217	6:12
Rundenzeit	2.10	12:01	5:43	15	3:28	238	10:23	4.20	24:35	5:51	14	7:32	229	11:41
Rundenzeit	2.10	12:15	5:49	14	3:27	223	5:35	6.30	36:50	5:50	15	10:59	225	17:16
Rundenzeit	2.10	12:17	5:50	13	3:29	214	5:37	8.40	49:07	5:50	14	14:28	222	22:53
Finish	2.10	12:22	5:53	13	3:21	221	5:38	10.50	1:01:29	5:51	13	17:49	222	28:31