



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

Detailed evaluation

Heinrichs, Heiko

Club: Braunschweig  
Number: 156

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

Category:  
Männer 50 bis 59 Jahre

Total time: 1:01:40

Speed: 9.73 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 262 (of 389)

Rank in course/Men: 224 (of 301)

Best time in course: 32:58

Rank in category: 62(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	13:15	6:18	68	5:12	251	6:53	2.10	13:15	6:18	68	5:12	251	6:53
Rundenzeit	2.10	10:54	5:11	48	2:30	174	9:16	4.20	24:09	5:44	59	7:42	218	11:15
Rundenzeit	2.10	12:11	5:48	61	3:34	219	5:31	6.30	36:20	5:46	58	11:15	218	16:46
Rundenzeit	2.10	12:17	5:50	59	3:30	214	5:37	8.40	48:37	5:47	58	14:44	219	22:23
Finish	2.10	13:03	6:12	66	4:42	246	6:19	10.50	1:01:40	5:52	62	19:09	224	28:42