



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Hüter, Ehrenfried

Club: SC Langenhagen

Number: 179

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 60 bis 69 Jahre

Total time: 1:01:42

Speed: 9.72 km/h

Running performance: 5:53 min/km

Rank in course/Total: 263 (of 389)

Rank in course/Men: 225 (of 301)

Best time in course: 32:58

Rank in category: 14(of 24)

Best time in the category: 43:40

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	12:28	5:56	12	3:58	210	6:06	2.10	12:28	5:56	12	3:58	210	6:06
Rundenzeit	2.10	11:39	5:32	13	3:06	220	10:01	4.20	24:07	5:44	12	7:04	217	11:13
Rundenzeit	2.10	12:08	5:46	12	3:20	217	5:28	6.30	36:15	5:45	12	10:24	215	16:41
Rundenzeit	2.10	12:37	6:00	14	3:49	226	5:57	8.40	48:52	5:49	13	14:13	221	22:38
Finish	2.10	12:50	6:06	15	3:49	239	6:06	10.50	1:01:42	5:52	14	18:02	225	28:44