



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

Detailed evaluation

Koziol, Stefan

Club: BBC Coburg
Number: 209

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:01:49

Speed: 9.71 km/h
Running performance: 5:53 min/km

Rank in course/Total: 265 (of 389)

Rank in course/Men: 226 (of 301)

Best time in course: 32:58

Rank in category: 63(of 86)

Best time in the category: 42:31

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Rundenzeit	2.10	13:56	6:38	76	5:53	274	7:34	2.10	13:56	6:38	76	5:53	274	7:34
Rundenzeit	2.10	11:34	5:30	56	3:10	215	9:56	4.20	25:30	6:04	66	9:03	246	12:36
Rundenzeit	2.10	11:23	5:25	48	2:46	177	4:43	6.30	36:53	5:51	60	11:48	227	17:19
Rundenzeit	2.10	12:18	5:51	60	3:31	216	5:38	8.40	49:11	5:51	60	15:18	223	22:57
Finish	2.10	12:38	6:00	62	4:17	228	5:54	10.50	1:01:49	5:53	63	19:18	226	28:51