



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

Detailed evaluation

Meyer, Olaf

Club: Sachsen-Express
Number: 258

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:02:07

Speed: 9.66 km/h
Running performance: 5:55 min/km

Rank in course/Total: 270 (of 389)

Rank in course/Men: 230 (of 301)

Best time in course: 32:58

Rank in category: 64(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	12:19	5:51	58	4:16	197	5:57	2.10	12:19	5:51	58	4:16	197	5:57				
Rundenzeit	2.10	11:40	5:33	58	3:16	221	10:02	4.20	23:59	5:42	57	7:32	211	11:05				
Rundenzeit	2.10	12:24	5:54	64	3:47	230	5:44	6.30	36:23	5:46	59	11:18	219	16:49				
Rundenzeit	2.10	13:03	6:12	67	4:16	246	6:23	8.40	49:26	5:53	62	15:33	226	23:12				
Finish	2.10	12:41	6:02	64	4:20	235	5:57	10.50	1:02:07	5:54	64	19:36	230	29:09				