



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

Detailed evaluation

Goetz, Helmut

Club: sc impuls erfurt
Number: 16

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

Category:
Männer 70 bis 79 Jahre

Total time: 1:04:04

Speed: 9.37 km/h
Running performance: 6:06 min/km

Rank in course/Total: 286 (of 389)

Rank in course/Men: 241 (of 301)

Best time in course: 32:58

Rank in category: 3(of 8)

Best time in the category: 50:57

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	13:42	6:31	5	3:56	264	7:20	2.10	13:42	6:31	5	3:56	264	7:20
Rundenzeit	2.10	12:20	5:52	4	2:29	250	10:42	4.20	26:02	6:11	4	6:25	259	13:08
Rundenzeit	2.10	12:36	6:00	3	2:25	237	5:56	6.30	38:38	6:07	4	8:50	254	19:04
Rundenzeit	2.10	12:38	6:00	2	2:10	227	5:58	8.40	51:16	6:06	4	11:00	248	25:02
Finish	2.10	12:48	6:05	3	2:07	238	6:04	10.50	1:04:04	6:06	3	13:07	241	31:06