



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Noll, Harry

Club: SC Langenhagen

Number: 282

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 50 bis 59 Jahre

Total time: 1:04:54

Speed: 9.71 km/h

Running performance: 6:11 min/km

Rank in course/Total: 299 (of 389)

Rank in course/Men: 250 (of 301)

Best time in course: 32:58

Rank in category: 68(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	12:39	6:01	61	4:36	220	6:17	2.10	12:39	6:01	61	4:36	220	6:17
Rundenzeit	2.10	12:02	5:43	66	3:38	240	10:24	4.20	24:41	5:52	62	8:14	231	11:47
Rundenzeit	2.10	12:44	6:03	68	4:07	245	6:04	6.30	37:25	5:56	63	12:20	235	17:51
Rundenzeit	2.10	13:38	6:29	72	4:51	259	6:58	8.40	51:03	6:04	68	17:10	245	24:49
Finish	2.10	13:51	6:35	71	5:30	262	7:07	10.50	1:04:54	6:10	68	22:23	250	31:56