



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

Detailed evaluation

Gebert, Ralph

Club: TSV Lippoldsberg
Number: 122

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:04:53

Speed: 9.25 km/h
Running performance: 6:11 min/km

Rank in course/Total: 298 (of 389)

Rank in course/Men: 249 (of 301)

Best time in course: 32:58

Rank in category: 70(of 83)

Best time in the category: 35:18

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	12:16	5:50	53	5:25	195	5:54	2.10	12:16	5:50	53	5:25	195	5:54	
Rundenzeit	2.10	12:16	5:50	71	5:17	247	10:38	4.20	24:32	5:50	64	10:42	227	11:38	
Rundenzeit	2.10	12:59	6:10	72	5:52	256	6:19	6.30	37:31	5:57	68	16:34	236	17:57	
Rundenzeit	2.10	13:21	6:21	74	6:11	257	6:41	8.40	50:52	6:03	70	22:45	243	24:38	
Finish	2.10	14:01	6:40	72	6:50	266	7:17	10.50	1:04:53	6:10	70	29:35	249	31:55	