



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

Detailed evaluation

Richling, Uwe

Club: Nürnberg  
Number: 315

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

Category:  
Männer 40 bis 49 Jahre

Total time: 1:05:03

Speed: 9.22 km/h  
Running performance: 6:12 min/km

Rank in course/Total: 300 (of 389)

Rank in course/Men: 251 (of 301)

Best time in course: 32:58

Rank in category: 71(of 83)

Best time in the category: 35:18

Control	Intermediate times				Stage score				Total ranking					
	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	12:49	6:06	62	5:58	228	6:27	2.10	12:49	6:06	62	5:58	228	6:27
Rundenzeit	2.10	11:34	5:30	62	4:35	215	9:56	4.20	24:23	5:48	63	10:33	224	11:29
Rundenzeit	2.10	13:24	6:22	75	6:17	263	6:44	6.30	37:47	5:59	71	16:50	243	18:13
Rundenzeit	2.10	13:19	6:20	72	6:09	254	6:39	8.40	51:06	6:04	71	22:59	246	24:52
Finish	2.10	13:57	6:38	71	6:46	264	7:13	10.50	1:05:03	6:11	71	29:45	251	32:05