



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

Detailed evaluation

Appelt, Wilfried

Club: Ronnenberg
Number: 4

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

Category:
Männer 70 bis 79 Jahre

Total time: 1:05:08

Speed: 9.21 km/h
Running performance: 6:12 min/km

Rank in course/Total: 301 (of 389)

Rank in course/Men: 252 (of 301)

Best time in course: 32:58

Rank in category: 4(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	12:38	6:00	3	2:52	219	6:16	2.10	12:38	6:00	3	2:52	219	6:16
Rundenzeit	2.10	11:56	5:40	3	2:05	232	10:18	4.20	24:34	5:50	3	4:57	228	11:40
Rundenzeit	2.10	12:41	6:02	4	2:30	243	6:01	6.30	37:15	5:54	3	7:27	231	17:41
Rundenzeit	2.10	13:44	6:32	4	3:16	263	7:04	8.40	50:59	6:04	3	10:43	244	24:45
Finish	2.10	14:09	6:44	7	3:28	270	7:25	10.50	1:05:08	6:12	4	14:11	252	32:10