



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

Detailed evaluation

Beyer, Harald

Club: SV Nordhausen 90
Number: 29

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:05:25

Speed: 9.17 km/h
Running performance: 6:14 min/km

Rank in course/Total: 302 (of 389)

Rank in course/Men: 253 (of 301)

Best time in course: 32:58

Rank in category: 69(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	13:06	6:14	64	5:03	242	6:44	2.10	13:06	6:14	64	5:03	242	6:44				
Rundenzeit	2.10	12:52	6:07	72	4:28	262	11:14	4.20	25:58	6:10	71	9:31	256	13:04				
Rundenzeit	2.10	13:08	6:15	72	4:31	259	6:28	6.30	39:06	6:12	71	14:01	261	19:32				
Rundenzeit	2.10	13:19	6:20	70	4:32	254	6:39	8.40	52:25	6:14	71	18:32	259	26:11				
Finish	2.10	13:00	6:11	65	4:39	244	6:16	10.50	1:05:25	6:13	69	22:54	253	32:27				