



# 19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

## Detailed evaluation

**Ertel, Frank**

Club: Mühlhäuser Laufwölfe  
Number: 98

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

Category:  
Männer 60 bis 69 Jahre

Total time: 1:05:57

Speed: 9.10 km/h  
Running performance: 6:17 min/km

Rank in course/Total: 309 (of 389)

Rank in course/Men: 257 (of 301)

Best time in course: 32:58

Rank in category: 18(of 24)

Best time in the category: 43:40

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	14:14	6:46	21	5:44	286	7:52	2.10	14:14	6:46	21	5:44	286	7:52
Rundenzeit	2.10	12:53	6:08	18	4:20	264	11:15	4.20	27:07	6:27	19	10:04	273	14:13
Rundenzeit	2.10	12:42	6:02	16	3:54	244	6:02	6.30	39:49	6:19	19	13:58	266	20:15
Rundenzeit	2.10	13:05	6:13	16	4:17	247	6:25	8.40	52:54	6:17	18	18:15	263	26:40
Finish	2.10	13:03	6:12	17	4:02	246	6:19	10.50	1:05:57	6:16	18	22:17	257	32:59