



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

Detailed evaluation

**Benz, Uwe**

Club: Hockenheim  
Number: 24

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

Category:  
Männer 50 bis 59 Jahre

Total time: 1:05:53

Speed: 9.11 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 307 (of 389)

Rank in course/Men: 256 (of 301)

Best time in course: 32:58

Rank in category: 71(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	13:53	6:36	75	5:50	273	7:31	2.10	13:53	6:36	75	5:50	273	7:31				
Rundenzeit	2.10	12:26	5:55	70	4:02	254	10:48	4.20	26:19	6:15	73	9:52	264	13:25				
Rundenzeit	2.10	12:31	5:57	65	3:54	233	5:51	6.30	38:50	6:09	70	13:45	257	19:16				
Rundenzeit	2.10	13:14	6:18	68	4:27	250	6:34	8.40	52:04	6:11	69	18:11	257	25:50				
Finish	2.10	13:49	6:34	70	5:28	260	7:05	10.50	1:05:53	6:16	71	23:22	256	32:55				