



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

Detailed evaluation

Steller, Bernd

Club: Böddiger  
Number: 378

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

Category:  
Männer 50 bis 59 Jahre

Total time: 1:06:23

Speed: 9.04 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 313 (of 389)

Rank in course/Men: 260 (of 301)

Best time in course: 32:58

Rank in category: 72(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.	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	13:02	6:12	63	4:59	241	6:40	2.10	13:02	6:12	63	4:59	241	6:40
Rundenzeit	2.10	11:56	5:40	63	3:32	232	10:18	4.20	24:58	5:56	63	8:31	236	12:04
Rundenzeit	2.10	12:55	6:09	70	4:18	253	6:15	6.30	37:53	6:00	67	12:48	246	18:19
Rundenzeit	2.10	14:27	6:52	77	5:40	277	7:47	8.40	52:20	6:13	70	18:27	258	26:06
Finish	2.10	14:03	6:41	74	5:42	268	7:19	10.50	1:06:23	6:19	72	23:52	260	33:25