



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Hahn, Thomas

Club: Harzer Keiler
Number: 144

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:07:02

Speed: 8.95 km/h
Running performance: 6:23 min/km

Rank in course/Total: 320 (of 389)

Rank in course/Men: 264 (of 301)

Best time in course: 32:58

Rank in category: 73(of 86)

Best time in the category: 42:31

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	80	6:11	286	7:52	2.10	14:14	6:46	80	6:11	286	7:52
Rundenzeit	2.10	13:05	6:13	75	4:41	268	11:27	4.20	27:19	6:30	77	10:52	275	14:25
Rundenzeit	2.10	13:12	6:17	73	4:35	260	6:32	6.30	40:31	6:25	75	15:26	270	20:57
Rundenzeit	2.10	13:02	6:12	66	4:15	245	6:22	8.40	53:33	6:22	73	19:40	267	27:19
Finish	2.10	13:29	6:25	68	5:08	256	6:45	10.50	1:07:02	6:23	73	24:31	264	34:04