



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Lauterbach, Ralf

Club: MTV Oldendorf

Number: 228

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 40 bis 49 Jahre

Total time: 1:08:04

Speed: 8.81 km/h

Running performance: 6:29 min/km

Rank in course/Total: 327 (of 389)

Rank in course/Men: 268 (of 301)

Best time in course: 32:58

Rank in category: 76(of 83)

Best time in the category: 35:18

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	13:47	6:33	74	6:56	267	7:25	2.10	13:47	6:33	74	6:56	267	7:25
Rundenzeit	2.10	12:40	6:01	73	5:41	258	11:02	4.20	26:27	6:17	76	12:37	267	13:33
Rundenzeit	2.10	13:33	6:27	77	6:26	266	6:53	6.30	40:00	6:20	77	19:03	267	20:26
Rundenzeit	2.10	13:42	6:31	76	6:32	262	7:02	8.40	53:42	6:23	77	25:35	268	27:28
Finish	2.10	14:22	6:50	73	7:11	275	7:38	10.50	1:08:04	6:28	76	32:46	268	35:06