



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

Detailed evaluation

Lehning, Ernst

Club: Gernsheim
Number: 234

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:08:05

Speed: 8.81 km/h
Running performance: 6:29 min/km

Rank in course/Total: 328 (of 389)

Rank in course/Men: 269 (of 301)

Best time in course: 32:58

Rank in category: 74(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	13:43	6:31	72	5:40	265	7:21	2.10	13:43	6:31	72	5:40	265	7:21				
Rundenzeit	2.10	13:06	6:14	76	4:42	269	11:28	4.20	26:49	6:23	76	10:22	272	13:55				
Rundenzeit	2.10	13:34	6:27	75	4:57	268	6:54	6.30	40:23	6:24	74	15:18	269	20:49				
Rundenzeit	2.10	13:40	6:30	73	4:53	261	7:00	8.40	54:03	6:26	74	20:10	269	27:49				
Finish	2.10	14:02	6:40	73	5:41	267	7:18	10.50	1:08:05	6:29	74	25:34	269	35:07				