



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Petzsch, Frank

Club: LG Kolle Berlin
Number: 296

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

Category:
Männer 70 bis 79 Jahre

Total time: 1:08:36

Speed: 8.75 km/h
Running performance: 6:32 min/km

Rank in course/Total: 333 (of 389)

Rank in course/Men: 272 (of 301)

Best time in course: 32:58

Rank in category: 5(of 8)

Best time in the category: 50:57

| 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 | 14:39 | 6:58 | 7 | 4:53 | 293 | 8:17 | 2.10 | 14:39 | 6:58 | 7 | 4:53 | 293 | 8:17 |
| Rundenzeit | 2.10 | 13:28 | 6:24 | 5 | 3:37 | 276 | 11:50 | 4.20 | 28:07 | 6:41 | 7 | 8:30 | 285 | 15:13 |
| Rundenzeit | 2.10 | 13:24 | 6:22 | 5 | 3:13 | 263 | 6:44 | 6.30 | 41:31 | 6:35 | 6 | 11:43 | 276 | 21:57 |
| Rundenzeit | 2.10 | 13:44 | 6:32 | 4 | 3:16 | 263 | 7:04 | 8.40 | 55:15 | 6:34 | 5 | 14:59 | 273 | 29:01 |
| Finish | 2.10 | 13:21 | 6:21 | 5 | 2:40 | 253 | 6:37 | 10.50 | 1:08:36 | 6:31 | 5 | 17:39 | 272 | 35:38 |