



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

Detailed evaluation

Jacobi, Ingobert

Club: LG Südharzläufer  
Number: 182

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

Category:  
Männer 70 bis 79 Jahre

Total time: 1:09:09

Speed: 8.68 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 335 (of 389)

Rank in course/Men: 274 (of 301)

Best time in course: 32:58

Rank in category: 6(of 8)

Best time in the category: 50:57

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	13:14	6:18	4	3:28	250	6:52	2.10	13:14	6:18	4	3:28	250	6:52
Rundenzeit	2.10	13:57	6:38	7	4:06	284	12:19	4.20	27:11	6:28	5	7:34	274	14:17
Rundenzeit	2.10	14:10	6:44	6	3:59	278	7:30	6.30	41:21	6:33	5	11:33	274	21:47
Rundenzeit	2.10	14:27	6:52	6	3:59	277	7:47	8.40	55:48	6:38	6	15:32	277	29:34
Finish	2.10	13:21	6:21	5	2:40	253	6:37	10.50	1:09:09	6:35	6	18:12	274	36:11