



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

Detailed evaluation

Geithner, Dieter

Club: Torgau  
Number: 124

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

Category:  
Männer 60 bis 69 Jahre

Total time: 1:09:11

Speed: 8.67 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 336 (of 389)

Rank in course/Men: 275 (of 301)

Best time in course: 32:58

Rank in category: 20(of 24)

Best time in the category: 43:40

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	14:07	6:43	20	5:37	279	7:45	2.10	14:07	6:43	20	5:37	279	7:45
Rundenzeit	2.10	14:16	6:47	22	5:43	290	12:38	4.20	28:23	6:45	22	11:20	291	15:29
Rundenzeit	2.10	13:47	6:33	20	4:59	272	7:07	6.30	42:10	6:41	21	16:19	279	22:36
Rundenzeit	2.10	13:46	6:33	18	4:58	265	7:06	8.40	55:56	6:39	20	21:17	278	29:42
Finish	2.10	13:15	6:18	18	4:14	251	6:31	10.50	1:09:11	6:35	20	25:31	275	36:13