



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

Detailed evaluation

Stücke, Eckhard

Club: LT Maßbruch
Number: 383

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

Category:
Männer 60 bis 69 Jahre

Total time: 1:09:52

Speed: 8.59 km/h
Running performance: 6:39 min/km

Rank in course/Total: 340 (of 389)

Rank in course/Men: 277 (of 301)

Best time in course: 32:58

Rank in category: 21(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	14:21	6:49	22	5:51	292	7:59	2.10	14:21	6:49	22	5:51	292	7:59
Rundenzeit	2.10	13:43	6:31	20	5:10	281	12:05	4.20	28:04	6:40	21	11:01	284	15:10
Rundenzeit	2.10	14:07	6:43	21	5:19	277	7:27	6.30	42:11	6:41	22	16:20	280	22:37
Rundenzeit	2.10	13:51	6:35	20	5:03	267	7:11	8.40	56:02	6:40	21	21:23	279	29:48
Finish	2.10	13:50	6:35	19	4:49	261	7:06	10.50	1:09:52	6:39	21	26:12	277	36:54