



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Lencz, Andreas

Club: Langenhagen

Number: 235

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 50 bis 59 Jahre

Total time: 1:09:59

Speed: 8.57 km/h

Running performance: 6:40 min/km

Rank in course/Total: 341 (of 389)

Rank in course/Men: 278 (of 301)

Best time in course: 32:58

Rank in category: 77(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	14:17	6:48	82	6:14	289	7:55	2.10	14:17	6:48	82	6:14	289	7:55
Rundenzeit	2.10	13:30	6:25	80	5:06	278	11:52	4.20	27:47	6:36	80	11:20	280	14:53
Rundenzeit	2.10	14:00	6:39	77	5:23	275	7:20	6.30	41:47	6:37	78	16:42	277	22:13
Rundenzeit	2.10	14:21	6:49	76	5:34	276	7:41	8.40	56:08	6:40	78	22:15	280	29:54
Finish	2.10	13:51	6:35	71	5:30	262	7:07	10.50	1:09:59	6:39	77	27:28	278	37:01