



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Schwarz, Richard

Club: Grubenwehr Bergwerk Ost
Number: 364

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

Category:
Männer 60 bis 69 Jahre

Total time: 1:11:51

Speed: 8.35 km/h
Running performance: 6:50 min/km

Rank in course/Total: 348 (of 389)

Rank in course/Men: 281 (of 301)

Best time in course: 32:58

Rank in category: 22(of 24)

Best time in the category: 43:40

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	13:47	6:33	19	5:17	267	7:25	2.10	13:47	6:33	19	5:17	267	7:25
Rundenzeit	2.10	13:54	6:37	21	5:21	283	12:16	4.20	27:41	6:35	20	10:38	278	14:47
Rundenzeit	2.10	14:27	6:52	22	5:39	283	7:47	6.30	42:08	6:41	20	16:17	278	22:34
Rundenzeit	2.10	14:39	6:58	22	5:51	281	7:59	8.40	56:47	6:45	22	22:08	282	30:33
Finish	2.10	15:04	7:10	22	6:03	282	8:20	10.50	1:11:51	6:50	22	28:11	281	38:53