



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

Detailed evaluation

Köhler, Jürgen

Club: Team Oberhavel  
Number: 203

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

Category:  
Männer 70 bis 79 Jahre

Total time: 1:11:55

Speed: 8.34 km/h  
Running performance: 6:51 min/km

Rank in course/Total: 349 (of 389)

Rank in course/Men: 282 (of 301)

Best time in course: 32:58

Rank in category: 7(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	14:09	6:44	6	4:23	281	7:47	2.10	14:09	6:44	6	4:23	281	7:47
Rundenzeit	2.10	13:38	6:29	6	3:47	280	12:00	4.20	27:47	6:36	6	8:10	280	14:53
Rundenzeit	2.10	16:04	7:39	7	5:53	291	9:24	6.30	43:51	6:57	7	14:03	289	24:17
Rundenzeit	2.10	15:13	7:14	7	4:45	288	8:33	8.40	59:04	7:01	7	18:48	287	32:50
Finish	2.10	12:51	6:07	4	2:10	240	6:07	10.50	1:11:55	6:50	7	20:58	282	38:57