



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

Detailed evaluation

Käding, Manfred

Club: Chemnitz
Number: 189

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:12:10

Speed: 8.31 km/h
Running performance: 6:52 min/km

Rank in course/Total: 351 (of 389)

Rank in course/Men: 283 (of 301)

Best time in course: 32:58

Rank in category: 79(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.	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	79	6:06	281	7:47	2.10	14:09	6:44	79	6:06	281	7:47
Rundenzeit	2.10	14:07	6:43	81	5:43	288	12:29	4.20	28:16	6:43	83	11:49	288	15:22
Rundenzeit	2.10	14:21	6:49	78	5:44	281	7:41	6.30	42:37	6:45	80	17:32	285	23:03
Rundenzeit	2.10	14:36	6:57	78	5:49	280	7:56	8.40	57:13	6:48	79	23:20	283	30:59
Finish	2.10	14:57	7:07	81	6:36	281	8:13	10.50	1:12:10	6:52	79	29:39	283	39:12