



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

Detailed evaluation

Padurek, Harry

Club: Grubenwehr Bergwerk Ost
Number: 290

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:13:35

Speed: 8.15 km/h
Running performance: 7:01 min/km

Rank in course/Total: 358 (of 389)

Rank in course/Men: 286 (of 301)

Best time in course: 32:58

Rank in category: 80(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	14:53	7:05	84	6:50	294	8:31	2.10	14:53	7:05	84	6:50	294	8:31
Rundenzeit	2.10	14:32	6:55	83	6:08	292	12:54	4.20	29:25	7:00	84	12:58	294	16:31
Rundenzeit	2.10	14:46	7:01	81	6:09	285	8:06	6.30	44:11	7:00	81	19:06	290	24:37
Rundenzeit	2.10	15:02	7:09	79	6:15	284	8:22	8.40	59:13	7:02	80	25:20	288	32:59
Finish	2.10	14:22	6:50	77	6:01	275	7:38	10.50	1:13:35	7:00	80	31:04	286	40:37