



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Schimmer, Dirk

Club: Grubenwehr Bergwerk Ost
Number: 335

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:13:44

Speed: 8.14 km/h
Running performance: 7:01 min/km

Rank in course/Total: 359 (of 389)

Rank in course/Men: 287 (of 301)

Best time in course: 32:58

Rank in category: 81(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	14:47	7:02	82	6:10	286	8:07	6.30	44:12	7:00	82	19:07	291	24:38
Rundenzeit	2.10	15:12	7:14	81	6:25	287	8:32	8.40	59:24	7:04	81	25:31	290	33:10
Finish	2.10	14:20	6:49	76	5:59	274	7:36	10.50	1:13:44	7:01	81	31:13	287	40:46