



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Fehmer, Jürgen

Club: Lauftreff Druffel
Number: 102

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:18:55

Speed: 7.60 km/h
Running performance: 7:31 min/km

Rank in course/Total: 371 (of 389)

Rank in course/Men: 290 (of 301)

Best time in course: 32:58

Rank in category: 82(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	13:31	6:26	69	5:28	257	7:09	2.10	13:31	6:26	69	5:28	257	7:09
Rundenzeit	2.10	14:16	6:47	82	5:52	290	12:38	4.20	27:47	6:36	80	11:20	280	14:53
Rundenzeit	2.10	14:45	7:01	80	6:08	284	8:05	6.30	42:32	6:45	79	17:27	284	22:58
Rundenzeit	2.10	19:46	9:24	82	10:59	294	13:06	8.40	1:02:18	7:24	82	28:25	291	36:04
Finish	2.10	16:37	7:54	82	8:16	288	9:53	10.50	1:18:55	7:30	82	36:24	290	45:57