



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

Detailed evaluation

Huneke, Rainer

Club: Active Sportshop Herford  
Number: 178

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

Category:  
Männer 50 bis 59 Jahre

Total time: 49:32

Speed: 12.11 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 68 (of 389)

Rank in course/Men: 62 (of 301)

Best time in course: 32:58

Rank in category: 15(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	9:43	4:37	13	1:40	54	3:21	2.10	9:43	4:37	13	1:40	54	3:21
Rundenzeit	2.10	9:34	4:33	19	1:10	79	7:56	4.20	19:17	4:35	15	2:50	58	6:23
Rundenzeit	2.10	9:58	4:44	16	1:21	74	3:18	6.30	29:15	4:38	17	4:10	63	9:41
Rundenzeit	2.10	10:13	4:51	19	1:26	72	3:33	8.40	39:28	4:41	16	5:35	64	13:14
Finish	2.10	10:04	4:47	17	1:43	75	3:20	10.50	49:32	4:43	15	7:01	62	16:34