



# 19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

## Detailed evaluation

**Neuenstein, Bernd**

Club: LG Papenburg-Aschendorf  
Number: 279

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

Category:  
Männer 50 bis 59 Jahre

Total time: 50:09

Speed: 11.96 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 78 (of 389)

Rank in course/Men: 70 (of 301)

Best time in course: 32:58

Rank in category: 16(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	9:35	4:33	11	1:32	50	3:13	2.10	9:35	4:33	11	1:32	50	3:13
Rundenzeit	2.10	9:22	4:27	15	0:58	63	7:44	4.20	18:57	4:30	11	2:30	46	6:03
Rundenzeit	2.10	10:09	4:49	18	1:32	81	3:29	6.30	29:06	4:37	16	4:01	62	9:32
Rundenzeit	2.10	10:35	5:02	23	1:48	98	3:55	8.40	39:41	4:43	17	5:48	68	13:27
Finish	2.10	10:28	4:59	23	2:07	102	3:44	10.50	50:09	4:46	16	7:38	70	17:11