



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

Detailed evaluation

Krauß, Raimund

Club: LV Einheit Greiz
Number: 212

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

Category:
Männer 70 bis 79 Jahre

Total time: 50:57

Speed: 11.78 km/h
Running performance: 4:51 min/km

Rank in course/Total: 91 (of 389)

Rank in course/Men: 82 (of 301)

Best time in course: 32:58

Rank in category: 1(of 8)

Best time in the category: 50:57

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	9:46	4:39	1	-	55	3:24	2.10	9:46	4:39	1	-	55	3:24
Rundenzeit	2.10	9:51	4:41	1	-	91	8:13	4.20	19:37	4:40	1	-	72	6:43
Rundenzeit	2.10	10:11	4:50	1	-	83	3:31	6.30	29:48	4:43	1	-	73	10:14
Rundenzeit	2.10	10:28	4:59	1	-	86	3:48	8.40	40:16	4:47	1	-	75	14:02
Finish	2.10	10:41	5:05	1	-	115	3:57	10.50	50:57	4:51	1	-	82	17:59