



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

Detailed evaluation

Thurm, Ingo

Club: sc impuls erfurt
Number: 397

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

Category:
Männer 40 bis 49 Jahre

Total time: 36:46

Speed: 16.32 km/h
Running performance: 3:30 min/km

Rank in course/Total: 5 (of 389)

Rank in course/Men: 5 (of 301)

Best time in course: 32:58

Rank in category: 2(of 83)

Best time in the category: 35:18

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	6:58	3:19	2	0:07	4	0:36	2.10	6:58	3:19	2	0:07	4	0:36
Rundenzeit	2.10	7:09	3:24	2	0:10	6	5:31	4.20	14:07	3:21	2	0:17	5	1:13
Rundenzeit	2.10	7:28	3:33	2	0:21	4	0:48	6.30	21:35	3:25	2	0:38	5	2:01
Rundenzeit	2.10	7:34	3:36	2	0:24	5	0:54	8.40	29:09	3:28	2	1:02	5	2:55
Finish	2.10	7:37	3:37	2	0:26	6	0:53	10.50	36:46	3:30	2	1:28	5	3:48