



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

Detailed evaluation

Simon, Torsten

Club: Stichtag & Blumenparadies
Number: 369

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

Category:
Männer 30 bis 39 Jahre

Total time: 51:13

Speed: 11.71 km/h
Running performance: 4:53 min/km

Rank in course/Total: 93 (of 389)

Rank in course/Men: 84 (of 301)

Best time in course: 32:58

Rank in category: 28(of 68)

Best time in the category: 32:58

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	9:22	4:27	10	3:00	34	3:00	2.10	9:22	4:27	10	3:00	34	3:00
Rundenzeit	2.10	9:57	4:44	36	3:25	98	8:19	4.20	19:19	4:35	19	6:25	60	6:25
Rundenzeit	2.10	10:37	5:03	39	3:57	118	3:57	6.30	29:56	4:45	25	10:22	75	10:22
Rundenzeit	2.10	10:47	5:08	36	4:07	111	4:07	8.40	40:43	4:50	26	14:29	79	14:29
Finish	2.10	10:30	5:00	36	3:46	104	3:46	10.50	51:13	4:52	28	18:15	84	18:15