



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

Detailed evaluation

Sperlich, David

Club: VfB 1920 Werther
Number: 371

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

Category:
Männer 20 bis 29 Jahre

Total time: 51:34

Speed: 11.64 km/h
Running performance: 4:55 min/km

Rank in course/Total: 95 (of 389)

Rank in course/Men: 85 (of 301)

Best time in course: 32:58

Rank in category: 12 (of 30)

Best time in the category: 42:16

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	10:22	4:56	10	2:29	81	4:00	2.10	10:22	4:56	10	2:29	81	4:00
Rundenzeit	2.10	9:49	4:40	12	8:11	89	8:11	4.20	20:11	4:48	11	3:55	83	7:17
Rundenzeit	2.10	10:48	5:08	17	1:58	137	4:08	6.30	30:59	4:55	12	5:53	96	11:25
Rundenzeit	2.10	10:32	5:00	13	1:44	95	3:52	8.40	41:31	4:56	12	7:37	93	15:17
Finish	2.10	10:03	4:47	13	1:41	74	3:19	10.50	51:34	4:54	12	9:18	85	18:36