



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

Detailed evaluation

Kruse, Sven

Club: SG Stern Hamburg
Number: 216

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

Category:
Männer 30 bis 39 Jahre

Total time: 51:40

Speed: 11.61 km/h
Running performance: 4:55 min/km

Rank in course/Total: 98 (of 389)

Rank in course/Men: 89 (of 301)

Best time in course: 32:58

Rank in category: 31(of 68)

Best time in the category: 32:58

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	11:33	5:30	43	5:11	159	5:11	2.10	11:33	5:30	43	5:11	159	5:11
Rundenzeit	2.10	9:48	4:40	32	3:16	88	8:10	4.20	21:21	5:04	40	8:27	125	8:27
Rundenzeit	2.10	10:01	4:46	28	3:21	78	3:21	6.30	31:22	4:58	34	11:48	103	11:48
Rundenzeit	2.10	10:11	4:50	23	3:31	67	3:31	8.40	41:33	4:56	32	15:19	95	15:19
Finish	2.10	10:07	4:49	25	3:23	78	3:23	10.50	51:40	4:55	31	18:42	89	18:42