



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|            |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |