



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

Detailed evaluation

Köster, Henning

Club: Rot-Weiß Sutthausen eV
Number: 208

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

Category:
Männer 40 bis 49 Jahre

Total time: 52:00

Speed: 11.54 km/h
Running performance: 4:57 min/km

Rank in course/Total: 101 (of 389)

Rank in course/Men: 92 (of 301)

Best time in course: 32:58

Rank in category: 26(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	10:48	5:08	35	3:57	118	4:26	2.10	10:48	5:08	35	3:57	118	4:26				
Rundenzeit	2.10	10:00	4:45	29	3:01	104	8:22	4.20	20:48	4:57	30	6:58	104	7:54				
Rundenzeit	2.10	10:19	4:54	27	3:12	97	3:39	6.30	31:07	4:56	28	10:10	100	11:33				
Rundenzeit	2.10	10:31	5:00	26	3:21	93	3:51	8.40	41:38	4:57	28	13:31	97	15:24				
Finish	2.10	10:22	4:56	24	3:11	96	3:38	10.50	52:00	4:57	26	16:42	92	19:02				