



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Linzmayr, Markus

Club: af-personal-training
Number: 238

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

Category:
Männer 40 bis 49 Jahre

Total time: 38:08

Speed: 15.73 km/h
Running performance: 3:38 min/km

Rank in course/Total: 6 (of 389)

Rank in course/Men: 6 (of 301)

Best time in course: 32:58

Rank in category: 3(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.	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	7:22	3:30	4	0:31	7	1:00	2.10	7:22	3:30	4	0:31	7	1:00
Rundenzeit	2.10	7:32	3:35	4	0:33	8	5:54	4.20	14:54	3:32	4	1:04	7	2:00
Rundenzeit	2.10	7:46	3:41	5	0:39	8	1:06	6.30	22:40	3:35	5	1:43	8	3:06
Rundenzeit	2.10	7:50	3:43	3	0:40	6	1:10	8.40	30:30	3:37	4	2:23	7	4:16
Finish	2.10	7:38	3:38	3	0:27	7	0:54	10.50	38:08	3:37	3	2:50	6	5:10