



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Hahne, Jens

Club: HSV

Number: 145

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 40 bis 49 Jahre

Total time: 52:01

Speed: 11.53 km/h

Running performance: 4:57 min/km

Rank in course/Total: 103 (of 389)

Rank in course/Men: 94 (of 301)

Best time in course: 32:58

Rank in category: 27(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	10:28	4:59	24	3:37	88	4:06	2.10	10:28	4:59	24	3:37	88	4:06
Rundenzeit	2.10	9:45	4:38	25	2:46	86	8:07	4.20	20:13	4:48	22	6:23	86	7:19
Rundenzeit	2.10	10:16	4:53	24	3:09	89	3:36	6.30	30:29	4:50	23	9:32	83	10:55
Rundenzeit	2.10	10:55	5:11	32	3:45	122	4:15	8.40	41:24	4:55	27	13:17	90	15:10
Finish	2.10	10:37	5:03	26	3:26	110	3:53	10.50	52:01	4:57	27	16:43	94	19:03