



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

Detailed evaluation

Schurig, Alexander

Club: Team Cobra
Number: 360

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

Category:
Männer 30 bis 39 Jahre

Total time: 52:03

Speed: 11.53 km/h
Running performance: 4:58 min/km

Rank in course/Total: 104 (of 389)

Rank in course/Men: 95 (of 301)

Best time in course: 32:58

Rank in category: 33(of 68)

Best time in the category: 32:58

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	11:20	5:23	41	4:58	148	4:58	2.10	11:20	5:23	41	4:58	148	4:58
Rundenzeit	2.10	9:58	4:44	37	3:26	100	8:20	4.20	21:18	5:04	39	8:24	120	8:24
Rundenzeit	2.10	10:09	4:49	29	3:29	81	3:29	6.30	31:27	4:59	36	11:53	108	11:53
Rundenzeit	2.10	10:21	4:55	27	3:41	78	3:41	8.40	41:48	4:58	33	15:34	98	15:34
Finish	2.10	10:15	4:52	28	3:31	87	3:31	10.50	52:03	4:57	33	19:05	95	19:05