



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

Detailed evaluation

Wisniewski, Ulf

Club: I run for life
Number: 440

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

Category:
Männer 30 bis 39 Jahre

Total time: 52:06

Speed: 11.52 km/h
Running performance: 4:58 min/km

Rank in course/Total: 105 (of 389)

Rank in course/Men: 96 (of 301)

Best time in course: 32:58

Rank in category: 34(of 68)

Best time in the category: 32:58

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	10:25	4:57	24	4:03	83	4:03	2.10	10:25	4:57	24	4:03	83	4:03
Rundenzeit	2.10	9:39	4:35	28	3:07	81	8:01	4.20	20:04	4:46	25	7:10	80	7:10
Rundenzeit	2.10	10:17	4:53	30	3:37	91	3:37	6.30	30:21	4:49	27	10:47	82	10:47
Rundenzeit	2.10	10:45	5:07	35	4:05	107	4:05	8.40	41:06	4:53	29	14:52	86	14:52
Finish	2.10	11:00	5:14	43	4:16	134	4:16	10.50	52:06	4:57	34	19:08	96	19:08