



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

Detailed evaluation

Henning, Michael

Club: Seega
Number: 161

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

Category:
Männer 20 bis 29 Jahre

Total time: 52:12

Speed: 11.49 km/h
Running performance: 4:58 min/km

Rank in course/Total: 106 (of 389)

Rank in course/Men: 97 (of 301)

Best time in course: 32:58

Rank in category: 14(of 30)

Best time in the category: 42:16

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	11:19	5:23	17	3:26	146	4:57	2.10	11:19	5:23	17	3:26	146	4:57
Rundenzeit	2.10	10:14	4:52	18	8:36	122	8:36	4.20	21:33	5:07	15	5:17	135	8:39
Rundenzeit	2.10	10:41	5:05	15	1:51	127	4:01	6.30	32:14	5:06	15	7:08	125	12:40
Rundenzeit	2.10	10:55	5:11	17	2:07	122	4:15	8.40	43:09	5:08	15	9:15	118	16:55
Finish	2.10	9:03	4:18	3	0:41	23	2:19	10.50	52:12	4:58	14	9:56	97	19:14