



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

Detailed evaluation

Beer, Jörg

Club: TSV Flöha 1848
Number: 21

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

Category:
Männer 50 bis 59 Jahre

Total time: 52:13

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

Rank in course/Total: 107 (of 389)

Rank in course/Men: 98 (of 301)

Best time in course: 32:58

Rank in category: 20(of 86)

Best time in the category: 42:31

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	9:48	4:40	14	1:45	57	3:26	2.10	9:48	4:40	14	1:45	57	3:26
Rundenzeit	2.10	10:05	4:48	27	1:41	112	8:27	4.20	19:53	4:44	21	3:26	78	6:59
Rundenzeit	2.10	10:40	5:04	33	2:03	123	4:00	6.30	30:33	4:50	21	5:28	86	10:59
Rundenzeit	2.10	10:59	5:13	34	2:12	131	4:19	8.40	41:32	4:56	21	7:39	94	15:18
Finish	2.10	10:41	5:05	28	2:20	115	3:57	10.50	52:13	4:58	20	9:42	98	19:15