



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

Detailed evaluation

Heidenreich, Patrik

Club: Stapelläufer
Number: 153

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

Category:
Männer 30 bis 39 Jahre

Total time: 52:18

Speed: 11.47 km/h
Running performance: 4:59 min/km

Rank in course/Total: 109 (of 389)

Rank in course/Men: 99 (of 301)

Best time in course: 32:58

Rank in category: 35(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	10:56	5:12	34	4:34	126	4:34	2.10	10:56	5:12	34	4:34	126	4:34				
Rundenzeit	2.10	9:51	4:41	34	3:19	91	8:13	4.20	20:47	4:56	32	7:53	102	7:53				
Rundenzeit	2.10	10:27	4:58	36	3:47	106	3:47	6.30	31:14	4:57	33	11:40	101	11:40				
Rundenzeit	2.10	10:37	5:03	33	3:57	100	3:57	8.40	41:51	4:58	34	15:37	100	15:37				
Finish	2.10	10:27	4:58	33	3:43	100	3:43	10.50	52:18	4:58	35	19:20	99	19:20				