



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

Detailed evaluation

Stäbert, Marco

Club: Zossen  
Number: 372

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

Category:  
Männer 50 bis 59 Jahre

Total time: 52:28

Speed: 11.44 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 112 (of 389)

Rank in course/Men: 101 (of 301)

Best time in course: 32:58

Rank in category: 22(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	11:51	5:38	54	3:48	174	5:29	2.10	11:51	5:38	54	3:48	174	5:29
Rundenzeit	2.10	10:10	4:50	30	1:46	119	8:32	4.20	22:01	5:14	41	5:34	148	9:07
Rundenzeit	2.10	10:11	4:50	19	1:34	83	3:31	6.30	32:12	5:06	34	7:07	124	12:38
Rundenzeit	2.10	10:12	4:51	18	1:25	69	3:32	8.40	42:24	5:02	28	8:31	108	16:10
Finish	2.10	10:04	4:47	17	1:43	75	3:20	10.50	52:28	4:59	22	9:57	101	19:30