



# 19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

## Detailed evaluation

**Hennig, Holger**

Club: TSV Mönchröden  
Number: 160

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

Category:  
Männer 40 bis 49 Jahre

Total time: 38:29

Speed: 16.37 km/h  
Running performance: 3:40 min/km

Rank in course/Total: 7 (of 389)

Rank in course/Men: 7 (of 301)

Best time in course: 32:58

Rank in category: 4(of 83)

Best time in the category: 35:18

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	7:22	3:30	4	0:31	7	1:00	2.10	7:22	3:30	4	0:31	7	1:00
Rundenzeit	2.10	7:33	3:35	5	0:34	9	5:55	4.20	14:55	3:33	5	1:05	8	2:01
Rundenzeit	2.10	7:44	3:40	4	0:37	7	1:04	6.30	22:39	3:35	4	1:42	7	3:05
Rundenzeit	2.10	7:51	3:44	4	0:41	7	1:11	8.40	30:30	3:37	4	2:23	7	4:16
Finish	2.10	7:59	3:48	4	0:48	9	1:15	10.50	38:29	3:39	4	3:11	7	5:31