



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

Detailed evaluation

Bürger, Bernd

Club: TCSuhl  
Number: 62

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

Category:  
Männer 50 bis 59 Jahre

Total time: 52:31

Speed: 11.42 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 113 (of 389)

Rank in course/Men: 102 (of 301)

Best time in course: 32:58

Rank in category: 23(of 86)

Best time in the category: 42:31

Intermediate times

Stage score

Total ranking

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	10:27	4:58	24	2:24	85	4:05	2.10	10:27	4:58	24	2:24	85	4:05
Rundenzeit	2.10	10:02	4:46	23	1:38	107	8:24	4.20	20:29	4:52	23	4:02	95	7:35
Rundenzeit	2.10	10:27	4:58	26	1:50	106	3:47	6.30	30:56	4:54	23	5:51	95	11:22
Rundenzeit	2.10	10:53	5:10	31	2:06	120	4:13	8.40	41:49	4:58	22	7:56	99	15:35
Finish	2.10	10:42	5:05	30	2:21	118	3:58	10.50	52:31	5:00	23	10:00	102	19:33