



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Kühlewind, Andreas

Club: Potsdam
Number: 220

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

Category:
Männer 50 bis 59 Jahre

Total time: 52:36

Speed: 11.41 km/h
Running performance: 5:01 min/km

Rank in course/Total: 114 (of 389)

Rank in course/Men: 103 (of 301)

Best time in course: 32:58

Rank in category: 24(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Rundenzeit	2.10	10:45	5:07	31	2:42	115	4:23	2.10	10:45	5:07	31	2:42	115	4:23			
Rundenzeit	2.10	10:28	4:59	34	2:04	132	8:50	4.20	21:13	5:03	32	4:46	118	8:19			
Rundenzeit	2.10	10:29	4:59	28	1:52	109	3:49	6.30	31:42	5:01	29	6:37	114	12:08			
Rundenzeit	2.10	10:39	5:04	24	1:52	101	3:59	8.40	42:21	5:02	27	8:28	107	16:07			
Finish	2.10	10:15	4:52	21	1:54	87	3:31	10.50	52:36	5:00	24	10:05	103	19:38			