



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Schulz, David

Club: Berlin
Number: 359

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

Category:
Männer 30 bis 39 Jahre

Total time: 52:45

Speed: 11.37 km/h
Running performance: 5:01 min/km

Rank in course/Total: 115 (of 389)

Rank in course/Men: 104 (of 301)

Best time in course: 32:58

Rank in category: 36(of 68)

Best time in the category: 32:58

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	11:06	5:17	38	4:44	135	4:44	2.10	11:06	5:17	38	4:44	135	4:44
Rundenzeit	2.10	10:07	4:49	39	3:35	116	8:29	4.20	21:13	5:03	38	8:19	118	8:19
Rundenzeit	2.10	10:19	4:54	33	3:39	97	3:39	6.30	31:32	5:00	37	11:58	112	11:58
Rundenzeit	2.10	11:00	5:14	42	4:20	134	4:20	8.40	42:32	5:03	36	16:18	110	16:18
Finish	2.10	10:13	4:51	27	3:29	84	3:29	10.50	52:45	5:01	36	19:47	104	19:47