



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

Detailed evaluation

Hoffmann, Christian

Club: Berlin
Number: 170

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

Category:
Männer 50 bis 59 Jahre

Total time: 52:57

Speed: 11.33 km/h
Running performance: 5:02 min/km

Rank in course/Total: 117 (of 389)

Rank in course/Men: 105 (of 301)

Best time in course: 32:58

Rank in category: 25(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	11:12	5:19	38	3:09	140	4:50	2.10	11:12	5:19	38	3:09	140	4:50
Rundenzeit	2.10	10:06	4:48	28	1:42	114	8:28	4.20	21:18	5:04	33	4:51	120	8:24
Rundenzeit	2.10	10:12	4:51	20	1:35	85	3:32	6.30	31:30	4:59	28	6:25	111	11:56
Rundenzeit	2.10	10:39	5:04	24	1:52	101	3:59	8.40	42:09	5:01	23	8:16	102	15:55
Finish	2.10	10:48	5:08	32	2:27	123	4:04	10.50	52:57	5:02	25	10:26	105	19:59