



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

Detailed evaluation

Turau, Volker

Club: LG Brunsberg
Number: 402

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

Category:
Männer 50 bis 59 Jahre

Total time: 53:02

Speed: 11.31 km/h
Running performance: 5:03 min/km

Rank in course/Total: 120 (of 389)

Rank in course/Men: 106 (of 301)

Best time in course: 32:58

Rank in category: 26(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	10:30	5:00	27	2:27	92	4:08	2.10	10:30	5:00	27	2:27	92	4:08
Rundenzeit	2.10	10:14	4:52	32	1:50	122	8:36	4.20	20:44	4:56	26	4:17	101	7:50
Rundenzeit	2.10	10:40	5:04	33	2:03	123	4:00	6.30	31:24	4:59	26	6:19	105	11:50
Rundenzeit	2.10	10:51	5:09	30	2:04	115	4:11	8.40	42:15	5:01	26	8:22	105	16:01
Finish	2.10	10:47	5:08	31	2:26	122	4:03	10.50	53:02	5:03	26	10:31	106	20:04