



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

Detailed evaluation

Ringer, Stefan

Club: Fürth
Number: 317

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

Category:
Junioren 16 bis 19 Jahre

Total time: 53:13
Speed: 11.27 km/h
Running performance: 5:04 min/km
Rank in course/Total: 123 (of 389)
Rank in course/Men: 109 (of 301)
Best time in course: 32:58
Rank in category: 1(of 2)
Best time in the category: 53:13

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	11:26	5:26	1	-	153	5:04	2.10	11:26	5:26	1	-	153	5:04
Rundenzeit	2.10	10:46	5:07	1	-	163	9:08	4.20	22:12	5:17	1	-	153	9:18
Rundenzeit	2.10	10:43	5:06	1	-	128	4:03	6.30	32:55	5:13	1	-	139	13:21
Rundenzeit	2.10	10:21	4:55	1	-	78	3:41	8.40	43:16	5:09	1	-	125	17:02
Finish	2.10	9:57	4:44	1	-	63	3:13	10.50	53:13	5:04	1	-	109	20:15