



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Ringer, Tino

Club: Fürth

Number: 318

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 50 bis 59 Jahre

Total time: 53:15

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course/Total: 124 (of 389)

Rank in course/Men: 110 (of 301)

Best time in course: 32:58

Rank in category: 28(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	11:26	5:26	43	3:23	153	5:04	2.10	11:26	5:26	43	3:23	153	5:04
Rundenzeit	2.10	10:46	5:07	44	2:22	163	9:08	4.20	22:12	5:17	43	5:45	153	9:18
Rundenzeit	2.10	10:43	5:06	35	2:06	128	4:03	6.30	32:55	5:13	38	7:50	139	13:21
Rundenzeit	2.10	10:21	4:55	20	1:34	78	3:41	8.40	43:16	5:09	33	9:23	125	17:02
Finish	2.10	9:59	4:45	16	1:38	65	3:15	10.50	53:15	5:04	28	10:44	110	20:17