



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

Detailed evaluation

Hinz, Matthias

Club: Oschersleben
Number: 165

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

Category:
Männer 40 bis 49 Jahre

Total time: 53:33

Speed: 11.20 km/h
Running performance: 5:06 min/km

Rank in course/Total: 126 (of 389)

Rank in course/Men: 112 (of 301)

Best time in course: 32:58

Rank in category: 28(of 83)

Best time in the category: 35:18

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	11:25	5:26	42	4:34	152	5:03	2.10	11:25	5:26	42	4:34	152	5:03
Rundenzeit	2.10	9:59	4:45	28	3:00	102	8:21	4.20	21:24	5:05	33	7:34	126	8:30
Rundenzeit	2.10	10:22	4:56	29	3:15	102	3:42	6.30	31:46	5:02	30	10:49	115	12:12
Rundenzeit	2.10	10:47	5:08	29	3:37	111	4:07	8.40	42:33	5:03	29	14:26	111	16:19
Finish	2.10	11:00	5:14	32	3:49	134	4:16	10.50	53:33	5:05	28	18:15	112	20:35