



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

Detailed evaluation

Schneider, Armin

Club: LG Brunsberg
Number: 345

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

Category:
Männer 50 bis 59 Jahre

Total time: 53:42

Speed: 11.17 km/h
Running performance: 5:07 min/km

Rank in course/Total: 128 (of 389)

Rank in course/Men: 114 (of 301)

Best time in course: 32:58

Rank in category: 30(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	10:29	4:59	26	2:26	90	4:07	2.10	10:29	4:59	26	2:26	90	4:07
Rundenzeit	2.10	10:02	4:46	23	1:38	107	8:24	4.20	20:31	4:53	24	4:04	96	7:37
Rundenzeit	2.10	10:15	4:52	22	1:38	88	3:35	6.30	30:46	4:53	22	5:41	92	11:12
Rundenzeit	2.10	11:27	5:27	40	2:40	156	4:47	8.40	42:13	5:01	25	8:20	104	15:59
Finish	2.10	11:29	5:28	41	3:08	161	4:45	10.50	53:42	5:06	30	11:11	114	20:44