



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Böhnke, Stefan

Club: Erfurt
Number: 45

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

Category:
Männer 20 bis 29 Jahre

Total time: 53:39

Speed: 11.18 km/h
Running performance: 5:07 min/km

Rank in course/Total: 127 (of 389)

Rank in course/Men: 113 (of 301)

Best time in course: 32:58

Rank in category: 15(of 30)

Best time in the category: 42:16

Control	Intermediate times					Stage score				Total ranking				
	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	12:46	6:04	26	4:53	225	6:24	2.10	12:46	6:04	26	4:53	225	6:24
Rundenzeit	2.10	9:54	4:42	14	8:16	95	8:16	4.20	22:40	5:23	21	6:24	175	9:46
Rundenzeit	2.10	10:17	4:53	13	1:27	91	3:37	6.30	32:57	5:13	16	7:51	143	13:23
Rundenzeit	2.10	10:29	4:59	11	1:41	88	3:49	8.40	43:26	5:10	16	9:32	129	17:12
Finish	2.10	10:13	4:51	16	1:51	84	3:29	10.50	53:39	5:06	15	11:23	113	20:41