



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

Detailed evaluation

Fuest, Dominik

Club: Hofgeismar  
Number: 119

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

Category:  
Männer 30 bis 39 Jahre

Total time: 53:42

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

Rank in course/Total: 129 (of 389)

Rank in course/Men: 114 (of 301)

Best time in course: 32:58

Rank in category: 37(of 68)

Best time in the category: 32:58

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	12:41	6:02	57	6:19	222	6:19	2.10	12:41	6:02	57	6:19	222	6:19
Rundenzeit	2.10	10:35	5:02	43	4:03	143	8:57	4.20	23:16	5:32	56	10:22	198	10:22
Rundenzeit	2.10	10:19	4:54	33	3:39	97	3:39	6.30	33:35	5:19	46	14:01	164	14:01
Rundenzeit	2.10	10:21	4:55	27	3:41	78	3:41	8.40	43:56	5:13	43	17:42	141	17:42
Finish	2.10	9:46	4:39	19	3:02	54	3:02	10.50	53:42	5:06	37	20:44	114	20:44