



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

Detailed evaluation

Wandrowec, Marco

Club: HäufigLäufig
Number: 420

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

Category:
Männer 20 bis 29 Jahre

Total time: 53:52

Speed: 11.14 km/h
Running performance: 5:08 min/km

Rank in course/Total: 133 (of 389)

Rank in course/Men: 117 (of 301)

Best time in course: 32:58

Rank in category: 16(of 30)

Best time in the category: 42:16

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	10:40	5:04	13	2:47	108	4:18	2.10	10:40	5:04	13	2:47	108	4:18
Rundenzeit	2.10	11:10	5:19	25	9:32	198	9:32	4.20	21:50	5:11	17	5:34	142	8:56
Rundenzeit	2.10	11:09	5:18	22	2:19	159	4:29	6.30	32:59	5:14	17	7:53	144	13:25
Rundenzeit	2.10	10:51	5:09	15	2:03	115	4:11	8.40	43:50	5:13	17	9:56	139	17:36
Finish	2.10	10:02	4:46	10	1:40	70	3:18	10.50	53:52	5:07	16	11:36	117	20:54