



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Birke, Christian

Club: Birke Vital
Number: 35

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

Category:
Männer 30 bis 39 Jahre

Total time: 39:22

Speed: 15.24 km/h
Running performance: 3:45 min/km

Rank in course/Total: 9 (of 389)

Rank in course/Men: 9 (of 301)

Best time in course: 32:58

Rank in category: 5(of 68)

Best time in the category: 32:58

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	7:57	3:47	5	1:35	13	1:35	2.10	7:57	3:47	5	1:35	13	1:35
Rundenzeit	2.10	7:49	3:43	4	1:17	10	6:11	4.20	15:46	3:45	4	2:52	9	2:52
Rundenzeit	2.10	7:51	3:44	4	1:11	9	1:11	6.30	23:37	3:44	4	4:03	9	4:03
Rundenzeit	2.10	8:05	3:50	5	1:25	10	1:25	8.40	31:42	3:46	4	5:28	9	5:28
Finish	2.10	7:40	3:39	5	0:56	8	0:56	10.50	39:22	3:44	5	6:24	9	6:24