



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

Detailed evaluation

Braunreuther, Michael

Club: SV Heilgersdorf  
Number: 49

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

Category:  
Männer 50 bis 59 Jahre

Total time: 53:59

Speed: 11.11 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 137 (of 389)

Rank in course/Men: 121 (of 301)

Best time in course: 32:58

Rank in category: 33(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	11:43	5:34	49	3:40	165	5:21	2.10	11:43	5:34	49	3:40	165	5:21
Rundenzeit	2.10	10:33	5:01	37	2:09	141	8:55	4.20	22:16	5:18	45	5:49	156	9:22
Rundenzeit	2.10	10:32	5:00	31	1:55	113	3:52	6.30	32:48	5:12	37	7:43	136	13:14
Rundenzeit	2.10	10:30	5:00	22	1:43	92	3:50	8.40	43:18	5:09	34	9:25	127	17:04
Finish	2.10	10:41	5:05	28	2:20	115	3:57	10.50	53:59	5:08	33	11:28	121	21:01