



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

Detailed evaluation

Geithner, Christian

Club: Torgau
Number: 123

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

Category:
Männer 40 bis 49 Jahre

Total time: 53:59

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

Rank in course/Total: 138 (of 389)

Rank in course/Men: 121 (of 301)

Best time in course: 32:58

Rank in category: 29(of 83)

Best time in the category: 35:18

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	9:51	4:41	21	3:00	60	3:29	2.10	9:51	4:41	21	3:00	60	3:29
Rundenzeit	2.10	10:28	4:59	34	3:29	132	8:50	4.20	20:19	4:50	24	6:29	88	7:25
Rundenzeit	2.10	11:07	5:17	39	4:00	155	4:27	6.30	31:26	4:59	29	10:29	107	11:52
Rundenzeit	2.10	11:23	5:25	40	4:13	155	4:43	8.40	42:49	5:05	30	14:42	113	16:35
Finish	2.10	11:10	5:19	35	3:59	143	4:26	10.50	53:59	5:08	29	18:41	121	21:01