



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

Detailed evaluation

Blättermann, Andreas

Club: Laufgruppe Bad Frankenhausen/ Göllingen  
Number: 41

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

Category:  
Männer 30 bis 39 Jahre

Total time: 54:05

Speed: 11.09 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 139 (of 389)

Rank in course/Men: 123 (of 301)

Best time in course: 32:58

Rank in category: 38(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	11:19	5:23	40	4:57	146	4:57	2.10	11:19	5:23	40	4:57	146	4:57
Rundenzeit	2.10	10:15	4:52	41	3:43	125	8:37	4.20	21:34	5:08	42	8:40	137	8:40
Rundenzeit	2.10	10:40	5:04	41	4:00	123	4:00	6.30	32:14	5:06	41	12:40	125	12:40
Rundenzeit	2.10	10:56	5:12	39	4:16	125	4:16	8.40	43:10	5:08	39	16:56	120	16:56
Finish	2.10	10:55	5:11	40	4:11	127	4:11	10.50	54:05	5:09	38	21:07	123	21:07