



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

Detailed evaluation

Weidemann, Kai

Club: Strassfurt
Number: 425

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

Category:
Männer 30 bis 39 Jahre

Total time: 54:08

Speed: 11.08 km/h
Running performance: 5:10 min/km

Rank in course/Total: 140 (of 389)

Rank in course/Men: 124 (of 301)

Best time in course: 32:58

Rank in category: 39(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	10:37	5:03	30	4:15	105	4:15	2.10	10:37	5:03	30	4:15	105	4:15
Rundenzeit	2.10	10:34	5:01	42	4:02	142	8:56	4.20	21:11	5:02	37	8:17	117	8:17
Rundenzeit	2.10	10:52	5:10	44	4:12	142	4:12	6.30	32:03	5:05	39	12:29	119	12:29
Rundenzeit	2.10	11:11	5:19	46	4:31	143	4:31	8.40	43:14	5:08	40	17:00	123	17:00
Finish	2.10	10:54	5:11	39	4:10	126	4:10	10.50	54:08	5:09	39	21:10	124	21:10