



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Duscha, Thomas

Club: LG eXa Leipzig e.V.
Number: 87

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

Category:
Männer 40 bis 49 Jahre

Total time: 40:35

Speed: 14.78 km/h
Running performance: 3:52 min/km

Rank in course/Total: 10 (of 389)

Rank in course/Men: 10 (of 301)

Best time in course: 32:58

Rank in category: 5(of 83)

Best time in the category: 35:18

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	7:56	3:46	7	1:05	12	1:34	2.10	7:56	3:46	7	1:05	12	1:34
Rundenzeit	2.10	7:58	3:47	6	0:59	12	6:20	4.20	15:54	3:47	7	2:04	12	3:00
Rundenzeit	2.10	8:05	3:50	6	0:58	11	1:25	6.30	23:59	3:48	6	3:02	11	4:25
Rundenzeit	2.10	8:15	3:55	6	1:05	11	1:35	8.40	32:14	3:50	6	4:07	11	6:00
Finish	2.10	8:21	3:58	5	1:10	10	1:37	10.50	40:35	3:51	5	5:17	10	7:37