



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

Detailed evaluation

Schröder-Fürstenberg, Jens

Club: Dierhagen  
Number: 356

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

Category:  
Männer 50 bis 59 Jahre

Total time: 54:17

Speed: 11.05 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 143 (of 389)

Rank in course/Men: 125 (of 301)

Best time in course: 32:58

Rank in category: 34(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	11:50	5:38	52	3:47	172	5:28	2.10	11:50	5:38	52	3:47	172	5:28				
Rundenzeit	2.10	10:23	4:56	33	1:59	131	8:45	4.20	22:13	5:17	44	5:46	155	9:19				
Rundenzeit	2.10	10:43	5:06	35	2:06	128	4:03	6.30	32:56	5:13	39	7:51	142	13:22				
Rundenzeit	2.10	10:45	5:07	27	1:58	107	4:05	8.40	43:41	5:12	38	9:48	136	17:27				
Finish	2.10	10:36	5:02	26	2:15	108	3:52	10.50	54:17	5:10	34	11:46	125	21:19				