



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

Detailed evaluation

Brüning, Matthias

Club: Ludwigsfelde
Number: 58

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

Category:
Männer 30 bis 39 Jahre

Total time: 54:20

Speed: 11.04 km/h
Running performance: 5:10 min/km

Rank in course/Total: 146 (of 389)

Rank in course/Men: 127 (of 301)

Best time in course: 32:58

Rank in category: 40(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	11:03	5:15	37	4:41	134	4:41	2.10	11:03	5:15	37	4:41	134	4:41
Rundenzeit	2.10	9:55	4:43	35	3:23	97	8:17	4.20	20:58	4:59	34	8:04	113	8:04
Rundenzeit	2.10	10:43	5:06	43	4:03	128	4:03	6.30	31:41	5:01	38	12:07	113	12:07
Rundenzeit	2.10	11:05	5:16	43	4:25	135	4:25	8.40	42:46	5:05	37	16:32	112	16:32
Finish	2.10	11:34	5:30	49	4:50	169	4:50	10.50	54:20	5:10	40	21:22	127	21:22