



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

Detailed evaluation

Schramm, Tobias

Club: sc impuls erfurt
Number: 351

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

Category:
Männer 40 bis 49 Jahre

Total time: 41:34

Speed: 15.16 km/h
Running performance: 3:58 min/km

Rank in course/Total: 11 (of 389)

Rank in course/Men: 11 (of 301)

Best time in course: 32:58

Rank in category: 6(of 83)

Best time in the category: 35:18

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	7:46	3:41	6	0:55	10	1:24	2.10	7:46	3:41	6	0:55	10	1:24
Rundenzeit	2.10	8:07	3:51	7	1:08	13	6:29	4.20	15:53	3:46	6	2:03	11	2:59
Rundenzeit	2.10	8:27	4:01	7	1:20	12	1:47	6.30	24:20	3:51	7	3:23	12	4:46
Rundenzeit	2.10	8:38	4:06	7	1:28	12	1:58	8.40	32:58	3:55	7	4:51	12	6:44
Finish	2.10	8:36	4:05	6	1:25	15	1:52	10.50	41:34	3:57	6	6:16	11	8:36