



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

Detailed evaluation

Strube, Rene

Club: Niedergebra
Number: 382

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

Category:
Männer 40 bis 49 Jahre

Total time: 54:49

Speed: 10.95 km/h
Running performance: 5:13 min/km

Rank in course/Total: 154 (of 389)

Rank in course/Men: 134 (of 301)

Best time in course: 32:58

Rank in category: 31(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Cat.	Cat.	Men					Men
Rundenzeit	2.10	10:36	5:02	28	3:45	103	4:14	2.10	10:36	5:02	28	3:45	103	4:14				
Rundenzeit	2.10	10:42	5:05	40	3:43	158	9:04	4.20	21:18	5:04	32	7:28	120	8:24				
Rundenzeit	2.10	11:22	5:24	45	4:15	176	4:42	6.30	32:40	5:11	36	11:43	134	13:06				
Rundenzeit	2.10	11:07	5:17	33	3:57	138	4:27	8.40	43:47	5:12	34	15:40	137	17:33				
Finish	2.10	11:02	5:15	33	3:51	138	4:18	10.50	54:49	5:13	31	19:31	134	21:51				