



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

Detailed evaluation

Hamann, Mike

Club: Harztorläufer
Number: 146

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

Category:
Männer 40 bis 49 Jahre

Total time: 54:56

Speed: 10.92 km/h
Running performance: 5:14 min/km

Rank in course/Total: 155 (of 389)

Rank in course/Men: 135 (of 301)

Best time in course: 32:58

Rank in category: 32(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	Pos	Behind	Pos					Behind
Rundenzeit	2.10	11:08	5:18	40	4:17	138	4:46	2.10	11:08	5:18	40	4:17	138	4:46				
Rundenzeit	2.10	10:22	4:56	33	3:23	129	8:44	4.20	21:30	5:07	38	7:40	133	8:36				
Rundenzeit	2.10	10:44	5:06	32	3:37	132	4:04	6.30	32:14	5:06	33	11:17	125	12:40				
Rundenzeit	2.10	11:11	5:19	35	4:01	143	4:31	8.40	43:25	5:10	32	15:18	128	17:11				
Finish	2.10	11:31	5:29	43	4:20	167	4:47	10.50	54:56	5:13	32	19:38	135	21:58				