



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Dinse, Stefan

Club: Weitramsdorf
Number: 76

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

Category:
Männer 20 bis 29 Jahre

Total time: 55:00

Speed: 10.91 km/h
Running performance: 5:14 min/km

Rank in course/Total: 156 (of 389)

Rank in course/Men: 136 (of 301)

Best time in course: 32:58

Rank in category: 18(of 30)

Best time in the category: 42:16

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	10:19	4:54	8	2:26	76	3:57	2.10	10:19	4:54	8	2:26	76	3:57
Rundenzeit	2.10	10:01	4:46	16	8:23	105	8:23	4.20	20:20	4:50	12	4:04	89	7:26
Rundenzeit	2.10	11:05	5:16	18	2:15	150	4:25	6.30	31:25	4:59	14	6:19	106	11:51
Rundenzeit	2.10	11:30	5:28	20	2:42	161	4:50	8.40	42:55	5:06	14	9:01	117	16:41
Finish	2.10	12:05	5:45	25	3:43	201	5:21	10.50	55:00	5:14	18	12:44	136	22:02