



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

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 | 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 |