



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

Detailed evaluation

Roessler, Tino

Club: Sachsen-Express
Number: 324

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

Category:
Männer 50 bis 59 Jahre

Total time: 55:04

Speed: 10.90 km/h
Running performance: 5:14 min/km

Rank in course/Total: 157 (of 389)

Rank in course/Men: 137 (of 301)

Best time in course: 32:58

Rank in category: 38(of 86)

Best time in the category: 42:31

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	10:07	4:49	19	2:04	70	3:45	2.10	10:07	4:49	19	2:04	70	3:45
Rundenzeit	2.10	10:40	5:04	40	2:16	154	9:02	4.20	20:47	4:56	27	4:20	102	7:53
Rundenzeit	2.10	11:15	5:21	44	2:38	169	4:35	6.30	32:02	5:05	31	6:57	118	12:28
Rundenzeit	2.10	11:38	5:32	46	2:51	173	4:58	8.40	43:40	5:11	37	9:47	135	17:26
Finish	2.10	11:24	5:25	40	3:03	154	4:40	10.50	55:04	5:14	38	12:33	137	22:06