



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

Detailed evaluation

Oliver, Höhn

Club: Running Bros Coburg
Number: 286

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

Category:
Männer 40 bis 49 Jahre

Total time: 55:06

Speed: 10.89 km/h
Running performance: 5:15 min/km

Rank in course/Total: 159 (of 389)

Rank in course/Men: 138 (of 301)

Best time in course: 32:58

Rank in category: 33(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.	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	12:29	5:56	59	5:38	211	6:07	2.10	12:29	5:56	59	5:38	211	6:07
Rundenzeit	2.10	10:29	4:59	35	3:30	135	8:51	4.20	22:58	5:28	50	9:08	185	10:04
Rundenzeit	2.10	10:33	5:01	30	3:26	114	3:53	6.30	33:31	5:19	42	12:34	160	13:57
Rundenzeit	2.10	10:51	5:09	30	3:41	115	4:11	8.40	44:22	5:16	36	16:15	147	18:08
Finish	2.10	10:44	5:06	29	3:33	121	4:00	10.50	55:06	5:14	33	19:48	138	22:08