



# 19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

## Detailed evaluation

**Themel, Marco**

Club: Jail

Number: 393

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 30 bis 39 Jahre

Total time: 55:14

Speed: 10.86 km/h

Running performance: 5:16 min/km

Rank in course/Total: 161 (of 389)

Rank in course/Men: 140 (of 301)

Best time in course: 32:58

Rank in category: 42(of 68)

Best time in the category: 32:58

### 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	9:58	4:44	19	3:36	63	3:36	2.10	9:58	4:44	19	3:36	63	3:36
Rundenzeit	2.10	10:14	4:52	40	3:42	122	8:36	4.20	20:12	4:48	27	7:18	84	7:18
Rundenzeit	2.10	11:11	5:19	48	4:31	162	4:31	6.30	31:23	4:58	35	11:49	104	11:49
Rundenzeit	2.10	12:06	5:45	55	5:26	195	5:26	8.40	43:29	5:10	41	17:15	132	17:15
Finish	2.10	11:45	5:35	53	5:01	188	5:01	10.50	55:14	5:15	42	22:16	140	22:16