



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

Detailed evaluation

Adrian, Norbert

Club: Laufftreff Druffel
Number: 2

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

Category:
Männer 50 bis 59 Jahre

Total time: 55:16

Speed: 10.86 km/h
Running performance: 5:16 min/km

Rank in course/Total: 163 (of 389)

Rank in course/Men: 142 (of 301)

Best time in course: 32:58

Rank in category: 40(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	10:53	5:10	34	2:50	123	4:31	2.10	10:53	5:10	34	2:50	123	4:31
Rundenzeit	2.10	10:02	4:46	23	1:38	107	8:24	4.20	20:55	4:58	29	4:28	109	8:01
Rundenzeit	2.10	10:23	4:56	24	1:46	103	3:43	6.30	31:18	4:58	25	6:13	102	11:44
Rundenzeit	2.10	12:09	5:47	55	3:22	203	5:29	8.40	43:27	5:10	36	9:34	131	17:13
Finish	2.10	11:49	5:37	52	3:28	192	5:05	10.50	55:16	5:15	40	12:45	142	22:18