



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Seidenberg, René

Club: Laufftreff Keyenberg

Number: 367

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 30 bis 39 Jahre

Total time: 41:44

Speed: 14.38 km/h

Running performance: 3:58 min/km

Rank in course/Total: 12 (of 389)

Rank in course/Men: 12 (of 301)

Best time in course: 32:58

Rank in category: 6(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	7:29	3:33	4	1:07	9	1:07	2.10	7:29	3:33	4	1:07	9	1:07
Rundenzeit	2.10	8:21	3:58	7	1:49	15	6:43	4.20	15:50	3:46	5	2:56	10	2:56
Rundenzeit	2.10	8:48	4:11	7	2:08	17	2:08	6.30	24:38	3:54	6	5:04	13	5:04
Rundenzeit	2.10	8:41	4:08	6	2:01	13	2:01	8.40	33:19	3:57	6	7:05	13	7:05
Finish	2.10	8:25	4:00	6	1:41	13	1:41	10.50	41:44	3:58	6	8:46	12	8:46