



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Jahn, Marcus

Club: Berlin
Number: 183

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

Category:
Männer 30 bis 39 Jahre

Total time: 55:15

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

Rank in course/Total: 162 (of 389)

Rank in course/Men: 141 (of 301)

Best time in course: 32:58

Rank in category: 43(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	12:05	5:45	47	5:43	186	5:43	2.10	12:05	5:45	47	5:43	186	5:43
Rundenzeit	2.10	10:05	4:48	38	3:33	112	8:27	4.20	22:10	5:16	44	9:16	151	9:16
Rundenzeit	2.10	10:40	5:04	41	4:00	123	4:00	6.30	32:50	5:12	42	13:16	137	13:16
Rundenzeit	2.10	10:59	5:13	41	4:19	131	4:19	8.40	43:49	5:12	42	17:35	138	17:35
Finish	2.10	11:26	5:26	47	4:42	157	4:42	10.50	55:15	5:15	43	22:17	141	22:17