



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

Detailed evaluation

Roeben, Stephan

Club: Düsseldorf
Number: 323

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

Category:
Männer 20 bis 29 Jahre

Total time: 55:16

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

Rank in course/Total: 164 (of 389)

Rank in course/Men: 142 (of 301)

Best time in course: 32:58

Rank in category: 19(of 30)

Best time in the category: 42:16

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	12:14	5:49	21	4:21	193	5:52	2.10	12:14	5:49	21	4:21	193	5:52
Rundenzeit	2.10	10:03	4:47	17	8:25	110	8:25	4.20	22:17	5:18	18	6:01	157	9:23
Rundenzeit	2.10	10:44	5:06	16	1:54	132	4:04	6.30	33:01	5:14	19	7:55	146	13:27
Rundenzeit	2.10	11:15	5:21	19	2:27	146	4:35	8.40	44:16	5:16	19	10:22	146	18:02
Finish	2.10	11:00	5:14	20	2:38	134	4:16	10.50	55:16	5:15	19	13:00	142	22:18