



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

Detailed evaluation

Schwanz, Holger

Club: WBR Wartjenstedt  
Number: 363

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

Category:  
Männer 40 bis 49 Jahre

Total time: 55:28

Speed: 10.82 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 165 (of 389)

Rank in course/Men: 144 (of 301)

Best time in course: 32:58

Rank in category: 34(of 83)

Best time in the category: 35:18

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	10:38	5:03	30	3:47	106	4:16	2.10	10:38	5:03	30	3:47	106	4:16
Rundenzeit	2.10	10:46	5:07	43	3:47	163	9:08	4.20	21:24	5:05	33	7:34	126	8:30
Rundenzeit	2.10	11:11	5:19	41	4:04	162	4:31	6.30	32:35	5:10	34	11:38	132	13:01
Rundenzeit	2.10	11:35	5:30	43	4:25	169	4:55	8.40	44:10	5:15	35	16:03	144	17:56
Finish	2.10	11:18	5:22	37	4:07	150	4:34	10.50	55:28	5:16	34	20:10	144	22:30