



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

Detailed evaluation

Gerken, Malte

Club: Stapelläufer
Number: 126

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

Category:
Männer 20 bis 29 Jahre

Total time: 55:34

Speed: 10.80 km/h
Running performance: 5:17 min/km

Rank in course/Total: 166 (of 389)

Rank in course/Men: 145 (of 301)

Best time in course: 32:58

Rank in category: 20(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	12:29	5:56	25	4:36	211	6:07	2.10	12:29	5:56	25	4:36	211	6:07
Rundenzeit	2.10	10:21	4:55	19	8:43	128	8:43	4.20	22:50	5:26	22	6:34	180	9:56
Rundenzeit	2.10	10:39	5:04	14	1:49	121	3:59	6.30	33:29	5:18	20	8:23	159	13:55
Rundenzeit	2.10	11:10	5:19	18	2:22	141	4:30	8.40	44:39	5:18	20	10:45	152	18:25
Finish	2.10	10:55	5:11	19	2:33	127	4:11	10.50	55:34	5:17	20	13:18	145	22:36