



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Heim, Oliver

Club: LT Speeketze Marbach
Number: 154

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

Category:
Männer 40 bis 49 Jahre

Total time: 55:36

Speed: 10.79 km/h
Running performance: 5:18 min/km

Rank in course/Total: 168 (of 389)

Rank in course/Men: 146 (of 301)

Best time in course: 32:58

Rank in category: 35(of 83)

Best time in the category: 35:18

Control	Intermediate times				Stage score				Total ranking					
	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	12:16	5:50	53	5:25	195	5:54	2.10	12:16	5:50	53	5:25	195	5:54
Rundenzeit	2.10	10:55	5:11	49	3:56	176	9:17	4.20	23:11	5:31	52	9:21	191	10:17
Rundenzeit	2.10	10:49	5:09	33	3:42	138	4:09	6.30	34:00	5:23	44	13:03	172	14:26
Rundenzeit	2.10	10:54	5:11	31	3:44	121	4:14	8.40	44:54	5:20	40	16:47	160	18:40
Finish	2.10	10:42	5:05	28	3:31	118	3:58	10.50	55:36	5:17	35	20:18	146	22:38