



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

Detailed evaluation

**Haustein, Benny**

Club: SG Stern Hamburg  
Number: 151

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

Category:  
Männer 30 bis 39 Jahre

Total time: 55:37

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

Rank in course/Total: 170 (of 389)

Rank in course/Men: 147 (of 301)

Best time in course: 32:58

Rank in category: 44(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.	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	12:33	5:58	55	6:11	215	6:11	2.10	12:33	5:58	55	6:11	215	6:11
Rundenzeit	2.10	10:39	5:04	47	4:07	149	9:01	4.20	23:12	5:31	52	10:18	192	10:18
Rundenzeit	2.10	10:34	5:01	38	3:54	115	3:54	6.30	33:46	5:21	48	14:12	167	14:12
Rundenzeit	2.10	10:50	5:09	37	4:10	113	4:10	8.40	44:36	5:18	45	18:22	151	18:22
Finish	2.10	11:01	5:14	44	4:17	137	4:17	10.50	55:37	5:17	44	22:39	147	22:39