



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

Detailed evaluation

Lechel, Adrian

Club: Seewolfjäger

Number: 229

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 20 bis 29 Jahre

Total time: 42:16

Speed: 14.20 km/h

Running performance: 4:02 min/km

Rank in course/Total: 13 (of 389)

Rank in course/Men: 13 (of 301)

Best time in course: 32:58

Rank in category: 1(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	7:53	3:45	1	-	11	1:31	2.10	7:53	3:45	1	-	11	1:31
Rundenzeit	2.10	8:23	3:59	2	6:45	16	6:45	4.20	16:16	3:52	1	-	14	3:22
Rundenzeit	2.10	8:50	4:12	1	-	19	2:10	6.30	25:06	3:59	1	-	15	5:32
Rundenzeit	2.10	8:48	4:11	1	-	15	2:08	8.40	33:54	4:02	1	-	15	7:40
Finish	2.10	8:22	3:59	1	-	12	1:38	10.50	42:16	4:01	1	-	13	9:18