



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

Detailed evaluation

Müller, Markus

Club: Osterode  
Number: 273

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

Category:  
Männer 40 bis 49 Jahre

Total time: 55:55

Speed: 10.73 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 173 (of 389)

Rank in course/Men: 150 (of 301)

Best time in course: 32:58

Rank in category: 36(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	12:44	6:03	60	5:53	224	6:22	2.10	12:44	6:03	60	5:53	224	6:22
Rundenzeit	2.10	10:40	5:04	39	3:41	154	9:02	4.20	23:24	5:34	54	9:34	204	10:30
Rundenzeit	2.10	10:49	5:09	33	3:42	138	4:09	6.30	34:13	5:25	50	13:16	182	14:39
Rundenzeit	2.10	10:46	5:07	28	3:36	110	4:06	8.40	44:59	5:21	42	16:52	162	18:45
Finish	2.10	10:56	5:12	30	3:45	129	4:12	10.50	55:55	5:19	36	20:37	150	22:57