



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

Detailed evaluation

Wessendorf, Christian

Club: Berlin
Number: 431

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

Category:
Männer 40 bis 49 Jahre

Total time: 56:10

Speed: 10.68 km/h
Running performance: 5:21 min/km

Rank in course/Total: 176 (of 389)

Rank in course/Men: 153 (of 301)

Best time in course: 32:58

Rank in category: 37(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	11:43	5:34	45	4:52	165	5:21	2.10	11:43	5:34	45	4:52	165	5:21
Rundenzeit	2.10	10:50	5:09	45	3:51	169	9:12	4.20	22:33	5:22	45	8:43	167	9:39
Rundenzeit	2.10	11:34	5:30	50	4:27	186	4:54	6.30	34:07	5:24	46	13:10	175	14:33
Rundenzeit	2.10	11:46	5:36	46	4:36	177	5:06	8.40	45:53	5:27	47	17:46	180	19:39
Finish	2.10	10:17	4:53	22	3:06	90	3:33	10.50	56:10	5:20	37	20:52	153	23:12