



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

Detailed evaluation

Ahner, Jörg

Club: Chemnitz
Number: 3

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

Category:
Männer 30 bis 39 Jahre

Total time: 56:12

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

Rank in course/Total: 177 (of 389)

Rank in course/Men: 154 (of 301)

Best time in course: 32:58

Rank in category: 46(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	10:33	5:01	28	4:11	96	4:11	2.10	10:33	5:01	28	4:11	96	4:11
Rundenzeit	2.10	9:47	4:39	31	3:15	87	8:09	4.20	20:20	4:50	29	7:26	89	7:26
Rundenzeit	2.10	10:39	5:04	40	3:59	121	3:59	6.30	30:59	4:55	32	11:25	96	11:25
Rundenzeit	2.10	11:53	5:39	50	5:13	185	5:13	8.40	42:52	5:06	38	16:38	115	16:38
Finish	2.10	13:20	6:20	65	6:36	252	6:36	10.50	56:12	5:21	46	23:14	154	23:14