



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Rockstedt, Oliver

Club: Willich..

Number: 322

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 40 bis 49 Jahre

Total time: 56:19

Speed: 10.65 km/h

Running performance: 5:22 min/km

Rank in course/Total: 180 (of 389)

Rank in course/Men: 157 (of 301)

Best time in course: 32:58

Rank in category: 38(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	11:46	5:36	47	4:55	169	5:24	2.10	11:46	5:36	47	4:55	169	5:24
Rundenzeit	2.10	10:35	5:02	36	3:36	143	8:57	4.20	22:21	5:19	41	8:31	159	9:27
Rundenzeit	2.10	11:02	5:15	38	3:55	148	4:22	6.30	33:23	5:17	39	12:26	154	13:49
Rundenzeit	2.10	11:16	5:21	38	4:06	148	4:36	8.40	44:39	5:18	38	16:32	152	18:25
Finish	2.10	11:40	5:33	47	4:29	182	4:56	10.50	56:19	5:21	38	21:01	157	23:21