



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

Detailed evaluation

Unger, Jörg

Club: SV Burkhardtgrün
Number: 407

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

Category:
Männer 50 bis 59 Jahre

Total time: 56:17

Speed: 10.66 km/h
Running performance: 5:22 min/km

Rank in course/Total: 179 (of 389)

Rank in course/Men: 156 (of 301)

Best time in course: 32:58

Rank in category: 44(of 86)

Best time in the category: 42:31

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	10:59	5:13	36	2:56	130	4:37	2.10	10:59	5:13	36	2:56	130	4:37
Rundenzeit	2.10	10:56	5:12	49	2:32	177	9:18	4.20	21:55	5:13	39	5:28	145	9:01
Rundenzeit	2.10	11:20	5:23	46	2:43	174	4:40	6.30	33:15	5:16	42	8:10	150	13:41
Rundenzeit	2.10	11:28	5:27	42	2:41	158	4:48	8.40	44:43	5:19	43	10:50	154	18:29
Finish	2.10	11:34	5:30	45	3:13	169	4:50	10.50	56:17	5:21	44	13:46	156	23:19