



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Utermoehlen, Lars

Club: Herzberg
Number: 408

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

Category:
Männer 20 bis 29 Jahre

Total time: 56:24

Speed: 10.64 km/h
Running performance: 5:22 min/km

Rank in course/Total: 186 (of 389)

Rank in course/Men: 163 (of 301)

Best time in course: 32:58

Rank in category: 22(of 30)

Best time in the category: 42:16

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	11:55	5:40	19	4:02	178	5:33	2.10	11:55	5:40	19	4:02	178	5:33
Rundenzeit	2.10	10:31	5:00	20	8:53	137	8:53	4.20	22:26	5:20	19	6:10	162	9:32
Rundenzeit	2.10	11:07	5:17	20	2:17	155	4:27	6.30	33:33	5:19	22	8:27	162	13:59
Rundenzeit	2.10	11:33	5:30	21	2:45	163	4:53	8.40	45:06	5:22	22	11:12	164	18:52
Finish	2.10	11:18	5:22	22	2:56	150	4:34	10.50	56:24	5:22	22	14:08	163	23:26