



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Ehrenberg, Florian

Club: Bad Grund

Number: 93

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 20 bis 29 Jahre

Total time: 56:21

Speed: 10.65 km/h

Running performance: 5:22 min/km

Rank in course/Total: 182 (of 389)

Rank in course/Men: 159 (of 301)

Best time in course: 32:58

Rank in category: 21(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	11:54	5:40	18	4:01	177	5:32	2.10	11:54	5:40	18	4:01	177	5:32	
Rundenzeit	2.10	10:32	5:00	21	8:54	140	8:54	4.20	22:26	5:20	19	6:10	162	9:32	
Rundenzeit	2.10	11:06	5:17	19	2:16	151	4:26	6.30	33:32	5:19	21	8:26	161	13:58	
Rundenzeit	2.10	11:33	5:30	21	2:45	163	4:53	8.40	45:05	5:22	21	11:11	163	18:51	
Finish	2.10	11:16	5:21	21	2:54	148	4:32	10.50	56:21	5:22	21	14:05	159	23:23	