



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

Detailed evaluation

Schmidt, Bernd

Club: Geschwenda
Number: 340

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

Category:
Männer 50 bis 59 Jahre

Total time: 42:31

Speed: 14.11 km/h
Running performance: 4:03 min/km

Rank in course/Total: 14 (of 389)

Rank in course/Men: 14 (of 301)

Best time in course: 32:58

Rank in category: 1(of 86)

Best time in the category: 42:31

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	8:03	3:50	1	-	15	1:41	2.10	8:03	3:50	1	-	15	1:41
Rundenzeit	2.10	8:24	4:00	1	-	17	6:46	4.20	16:27	3:54	1	-	15	3:33
Rundenzeit	2.10	8:38	4:06	2	0:01	14	1:58	6.30	25:05	3:58	1	-	14	5:31
Rundenzeit	2.10	8:48	4:11	2	0:01	15	2:08	8.40	33:53	4:02	1	-	14	7:39
Finish	2.10	8:38	4:06	2	0:17	16	1:54	10.50	42:31	4:02	1	-	14	9:33