



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

Detailed evaluation

Koch, Stephan

Club: Feuerwehr Gotha
Number: 201

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

Category:
Männer 30 bis 39 Jahre

Total time: 56:25

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

Rank in course/Total: 188 (of 389)

Rank in course/Men: 164 (of 301)

Best time in course: 32:58

Rank in category: 48(of 68)

Best time in the category: 32:58

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	12:08	5:46	49	5:46	190	5:46	2.10	12:08	5:46	49	5:46	190	5:46
Rundenzeit	2.10	10:56	5:12	50	4:24	177	9:18	4.20	23:04	5:29	50	10:10	189	10:10
Rundenzeit	2.10	11:14	5:20	50	4:34	167	4:34	6.30	34:18	5:26	51	14:44	184	14:44
Rundenzeit	2.10	11:10	5:19	45	4:30	141	4:30	8.40	45:28	5:24	50	19:14	169	19:14
Finish	2.10	10:57	5:12	42	4:13	131	4:13	10.50	56:25	5:22	48	23:27	164	23:27