



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

Detailed evaluation

Schlesinger, Rene

Club: Jail

Number: 338

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 30 bis 39 Jahre

Total time: 56:52

Speed: 10.55 km/h

Running performance: 5:25 min/km

Rank in course/Total: 192 (of 389)

Rank in course/Men: 169 (of 301)

Best time in course: 32:58

Rank in category: 49(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	9:47	4:39	16	3:25	56	3:25	2.10	9:47	4:39	16	3:25	56	3:25
Rundenzeit	2.10	11:15	5:21	55	4:43	200	9:37	4.20	21:02	5:00	36	8:08	115	8:08
Rundenzeit	2.10	12:12	5:48	57	5:32	220	5:32	6.30	33:14	5:16	43	13:40	149	13:40
Rundenzeit	2.10	12:07	5:46	57	5:27	200	5:27	8.40	45:21	5:23	47	19:07	166	19:07
Finish	2.10	11:31	5:29	48	4:47	167	4:47	10.50	56:52	5:24	49	23:54	169	23:54