



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

Detailed evaluation

Müller, Markus

Club: Wahlsburg  
Number: 272

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

Category:  
Männer 40 bis 49 Jahre

Total time: 56:31

Speed: 10.62 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 190 (of 389)

Rank in course/Men: 167 (of 301)

Best time in course: 32:58

Rank in category: 41(of 83)

Best time in the category: 35:18

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	10:57	5:12	37	4:06	129	4:35	2.10	10:57	5:12	37	4:06	129	4:35
Rundenzeit	2.10	10:39	5:04	37	3:40	149	9:01	4.20	21:36	5:08	39	7:46	138	8:42
Rundenzeit	2.10	11:14	5:20	42	4:07	167	4:34	6.30	32:50	5:12	37	11:53	137	13:16
Rundenzeit	2.10	11:34	5:30	42	4:24	167	4:54	8.40	44:24	5:17	37	16:17	148	18:10
Finish	2.10	12:07	5:46	53	4:56	202	5:23	10.50	56:31	5:22	41	21:13	167	23:33