



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

Detailed evaluation

Wagener, Dirk

Club: Grubenwehr Bergwerk Ost  
Number: 418

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

Category:  
Männer 50 bis 59 Jahre

Total time: 56:55

Speed: 10.54 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 193 (of 389)

Rank in course/Men: 170 (of 301)

Best time in course: 32:58

Rank in category: 47(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	12:00	5:42	55	3:57	183	5:38	2.10	12:00	5:42	55	3:57	183	5:38				
Rundenzeit	2.10	10:57	5:12	50	2:33	182	9:19	4.20	22:57	5:27	52	6:30	183	10:03				
Rundenzeit	2.10	11:15	5:21	44	2:38	169	4:35	6.30	34:12	5:25	49	9:07	181	14:38				
Rundenzeit	2.10	11:29	5:28	43	2:42	160	4:49	8.40	45:41	5:26	47	11:48	176	19:27				
Finish	2.10	11:14	5:20	38	2:53	147	4:30	10.50	56:55	5:25	47	14:24	170	23:57				