



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

Detailed evaluation

Borck, Jan

Club: Der Kleine Muck
Number: 46

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

Category:
Männer 50 bis 59 Jahre

Total time: 43:01

Speed: 13.95 km/h
Running performance: 4:06 min/km

Rank in course/Total: 15 (of 389)

Rank in course/Men: 15 (of 301)

Best time in course: 32:58

Rank in category: 2(of 86)

Best time in the category: 42:31

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Rundenzeit	2.10	8:38	4:06	5	0:35	23	2:16	2.10	8:38	4:06	5	0:35	23	2:16	
Rundenzeit	2.10	8:37	4:06	3	0:13	22	6:59	4.20	17:15	4:06	4	0:48	21	4:21	
Rundenzeit	2.10	8:37	4:06	1	-	13	1:57	6.30	25:52	4:06	3	0:47	19	6:18	
Rundenzeit	2.10	8:48	4:11	2	0:01	15	2:08	8.40	34:40	4:07	3	0:47	18	8:26	
Finish	2.10	8:21	3:58	1	-	10	1:37	10.50	43:01	4:05	2	0:30	15	10:03	