



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Adamus, Daniel

Club: MTV 1860 Erfurt e.V.
Number: 1

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

Category:
Männer 40 bis 49 Jahre

Total time: 56:57

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

Rank in course/Total: 195 (of 389)

Rank in course/Men: 172 (of 301)

Best time in course: 32:58

Rank in category: 43(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	12:20	5:52	56	5:29	199	5:58	2.10	12:20	5:52	56	5:29	199	5:58
Rundenzeit	2.10	11:05	5:16	52	4:06	191	9:27	4.20	23:25	5:34	55	9:35	205	10:31
Rundenzeit	2.10	11:07	5:17	39	4:00	155	4:27	6.30	34:32	5:28	52	13:35	191	14:58
Rundenzeit	2.10	11:12	5:19	36	4:02	145	4:32	8.40	45:44	5:26	45	17:37	177	19:30
Finish	2.10	11:13	5:20	36	4:02	146	4:29	10.50	56:57	5:25	43	21:39	172	23:59