



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

Detailed evaluation

Schuknecht, Bernhard

Club: Heidelberg
Number: 358

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

Category:
Männer 50 bis 59 Jahre

Total time: 57:03

Speed: 10.52 km/h
Running performance: 5:26 min/km

Rank in course/Total: 197 (of 389)

Rank in course/Men: 174 (of 301)

Best time in course: 32:58

Rank in category: 48(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.	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	11:44	5:35	50	3:41	167	5:22	2.10	11:44	5:35	50	3:41	167	5:22
Rundenzeit	2.10	10:49	5:09	46	2:25	168	9:11	4.20	22:33	5:22	47	6:06	167	9:39
Rundenzeit	2.10	11:34	5:30	52	2:57	186	4:54	6.30	34:07	5:24	48	9:02	175	14:33
Rundenzeit	2.10	11:47	5:36	47	3:00	178	5:07	8.40	45:54	5:27	48	12:01	181	19:40
Finish	2.10	11:09	5:18	35	2:48	142	4:25	10.50	57:03	5:25	48	14:32	174	24:05