



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

Detailed evaluation

Pfeil, Hannes

Club: Guxhagen
Number: 297

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

Category:
Männer 30 bis 39 Jahre

Total time: 56:59

Speed: 10.53 km/h
Running performance: 5:26 min/km

Rank in course/Total: 196 (of 389)

Rank in course/Men: 173 (of 301)

Best time in course: 32:58

Rank in category: 51(of 68)

Best time in the category: 32:58

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	11:00	5:14	36	4:38	131	4:38	2.10	11:00	5:14	36	4:38	131	4:38
Rundenzeit	2.10	10:56	5:12	50	4:24	177	9:18	4.20	21:56	5:13	43	9:02	146	9:02
Rundenzeit	2.10	11:31	5:29	51	4:51	185	4:51	6.30	33:27	5:18	44	13:53	156	13:53
Rundenzeit	2.10	11:56	5:40	51	5:16	187	5:16	8.40	45:23	5:24	48	19:09	167	19:09
Finish	2.10	11:36	5:31	50	4:52	173	4:52	10.50	56:59	5:25	51	24:01	173	24:01