



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

Detailed evaluation

Twardy, Enrico

Club: Gerbstedt
Number: 403

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

Category:
Männer 40 bis 49 Jahre

Total time: 56:46

Speed: 10.57 km/h
Running performance: 5:25 min/km

Rank in course/Total: 191 (of 389)

Rank in course/Men: 168 (of 301)

Best time in course: 32:58

Rank in category: 42(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	12:25	5:54	58	5:34	206	6:03	2.10	12:25	5:54	58	5:34	206	6:03				
Rundenzeit	2.10	10:11	4:50	31	3:12	120	8:33	4.20	22:36	5:22	47	8:46	172	9:42				
Rundenzeit	2.10	10:51	5:09	35	3:44	141	4:11	6.30	33:27	5:18	40	12:30	156	13:53				
Rundenzeit	2.10	11:50	5:38	48	4:40	183	5:10	8.40	45:17	5:23	43	17:10	165	19:03				
Finish	2.10	11:29	5:28	42	4:18	161	4:45	10.50	56:46	5:24	42	21:28	168	23:48				