



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Paris, Thomas

Club: Haßleben

Number: 292

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 30 bis 39 Jahre

Total time: 57:19

Speed: 10.47 km/h

Running performance: 5:28 min/km

Rank in course/Total: 199 (of 389)

Rank in course/Men: 176 (of 301)

Best time in course: 32:58

Rank in category: 52(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	12:15	5:49	51	5:53	194	5:53	2.10	12:15	5:49	51	5:53	194	5:53
Rundenzeit	2.10	10:38	5:03	46	4:06	148	9:00	4.20	22:53	5:26	48	9:59	181	9:59
Rundenzeit	2.10	11:06	5:17	46	4:26	151	4:26	6.30	33:59	5:23	49	14:25	170	14:25
Rundenzeit	2.10	11:41	5:33	49	5:01	174	5:01	8.40	45:40	5:26	52	19:26	175	19:26
Finish	2.10	11:39	5:32	51	4:55	178	4:55	10.50	57:19	5:27	52	24:21	176	24:21