



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

Detailed evaluation

Draheim, Torsten

Club: Stendal
Number: 80

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

Category:
Männer 40 bis 49 Jahre

Total time: 57:33

Speed: 10.43 km/h
Running performance: 5:29 min/km

Rank in course/Total: 200 (of 389)

Rank in course/Men: 177 (of 301)

Best time in course: 32:58

Rank in category: 44(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.	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	11:46	5:36	47	4:55	169	5:24	2.10	11:46	5:36	47	4:55	169	5:24
Rundenzeit	2.10	10:51	5:09	46	3:52	170	9:13	4.20	22:37	5:23	48	8:47	174	9:43
Rundenzeit	2.10	11:34	5:30	50	4:27	186	4:54	6.30	34:11	5:25	48	13:14	179	14:37
Rundenzeit	2.10	11:36	5:31	44	4:26	171	4:56	8.40	45:47	5:27	46	17:40	178	19:33
Finish	2.10	11:46	5:36	50	4:35	189	5:02	10.50	57:33	5:28	44	22:15	177	24:35