



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Feja, Mike

Club: Jail

Number: 103

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 40 bis 49 Jahre

Total time: 57:43

Speed: 10.40 km/h

Running performance: 5:30 min/km

Rank in course/Total: 202 (of 389)

Rank in course/Men: 178 (of 301)

Best time in course: 32:58

Rank in category: 45(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	10:22	4:56	23	3:31	81	4:00	2.10	10:22	4:56	23	3:31	81	4:00
Rundenzeit	2.10	11:06	5:17	54	4:07	193	9:28	4.20	21:28	5:06	37	7:38	131	8:34
Rundenzeit	2.10	11:59	5:42	56	4:52	201	5:19	6.30	33:27	5:18	40	12:30	156	13:53
Rundenzeit	2.10	12:08	5:46	53	4:58	202	5:28	8.40	45:35	5:25	44	17:28	170	19:21
Finish	2.10	12:08	5:46	54	4:57	203	5:24	10.50	57:43	5:29	45	22:25	178	24:45