



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Selig, Jan

Club: Kassel

Number: 368

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 30 bis 39 Jahre

Total time: 58:14

Speed: 10.82 km/h

Running performance: 5:33 min/km

Rank in course/Total: 205 (of 389)

Rank in course/Men: 180 (of 301)

Best time in course: 32:58

Rank in category: 53(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	11:42	5:34	44	5:20	164	5:20	2.10	11:42	5:34	44	5:20	164	5:20
Rundenzeit	2.10	11:04	5:16	53	4:32	190	9:26	4.20	22:46	5:25	47	9:52	179	9:52
Rundenzeit	2.10	11:36	5:31	52	4:56	189	4:56	6.30	34:22	5:27	54	14:48	188	14:48
Rundenzeit	2.10	12:13	5:49	58	5:33	211	5:33	8.40	46:35	5:32	54	20:21	187	20:21
Finish	2.10	11:39	5:32	51	4:55	178	4:55	10.50	58:14	5:32	53	25:16	180	25:16