



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

Detailed evaluation

Burghoff, Bernhard

Club: USV Halle
Number: 65

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

Category:
Männer 40 bis 49 Jahre

Total time: 58:19

Speed: 10.29 km/h
Running performance: 5:33 min/km

Rank in course/Total: 206 (of 389)

Rank in course/Men: 182 (of 301)

Best time in course: 32:58

Rank in category: 46(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	11:58	5:41	50	5:07	180	5:36	2.10	11:58	5:41	50	5:07	180	5:36
Rundenzeit	2.10	10:42	5:05	40	3:43	158	9:04	4.20	22:40	5:23	49	8:50	175	9:46
Rundenzeit	2.10	11:23	5:25	46	4:16	177	4:43	6.30	34:03	5:24	45	13:06	173	14:29
Rundenzeit	2.10	12:42	6:02	66	5:32	232	6:02	8.40	46:45	5:33	51	18:38	190	20:31
Finish	2.10	11:34	5:30	44	4:23	169	4:50	10.50	58:19	5:33	46	23:01	182	25:21