



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Proft, Oliver

Club: SPVG Ahorn
Number: 303

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

Category:
Männer 40 bis 49 Jahre

Total time: 58:23

Speed: 10.28 km/h
Running performance: 5:34 min/km

Rank in course/Total: 207 (of 389)

Rank in course/Men: 183 (of 301)

Best time in course: 32:58

Rank in category: 47(of 83)

Best time in the category: 35:18

Control	Intermediate times						Stage score				Total ranking			
	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	13:52	6:36	76	7:01	270	7:30	2.10	13:52	6:36	76	7:01	270	7:30
Rundenzeit	2.10	11:27	5:27	59	4:28	208	9:49	4.20	25:19	6:01	69	11:29	244	12:25
Rundenzeit	2.10	11:16	5:21	43	4:09	171	4:36	6.30	36:35	5:48	62	15:38	220	17:01
Rundenzeit	2.10	11:09	5:18	34	3:59	139	4:29	8.40	47:44	5:40	56	19:37	201	21:30
Finish	2.10	10:39	5:04	27	3:28	111	3:55	10.50	58:23	5:33	47	23:05	183	25:25