



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Haas, Oliver

Club: Papa läuft schnell
Number: 143

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

Category:
Männer 30 bis 39 Jahre

Total time: 58:26

Speed: 10.27 km/h
Running performance: 5:34 min/km

Rank in course/Total: 208 (of 389)

Rank in course/Men: 184 (of 301)

Best time in course: 32:58

Rank in category: 54(of 68)

Best time in the category: 32:58

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	12:09	5:47	50	5:47	192	5:47	2.10	12:09	5:47	50	5:47	192	5:47
Rundenzeit	2.10	10:56	5:12	50	4:24	177	9:18	4.20	23:05	5:29	51	10:11	190	10:11
Rundenzeit	2.10	11:12	5:19	49	4:32	165	4:32	6.30	34:17	5:26	50	14:43	183	14:43
Rundenzeit	2.10	12:01	5:43	52	5:21	190	5:21	8.40	46:18	5:30	53	20:04	183	20:04
Finish	2.10	12:08	5:46	55	5:24	203	5:24	10.50	58:26	5:33	54	25:28	184	25:28