



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Bürger, Silvio

Club: Rarámuri
Number: 63

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

Category:
Männer 40 bis 49 Jahre

Total time: 58:31

Speed: 10.25 km/h
Running performance: 5:34 min/km

Rank in course/Total: 211 (of 389)

Rank in course/Men: 187 (of 301)

Best time in course: 32:58

Rank in category: 49(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	10:46	5:07	33	3:55	116	4:24	2.10	10:46	5:07	33	3:55	116	4:24
Rundenzeit	2.10	10:57	5:12	51	3:58	182	9:19	4.20	21:43	5:10	40	7:53	139	8:49
Rundenzeit	2.10	12:15	5:49	64	5:08	223	5:35	6.30	33:58	5:23	43	13:01	169	14:24
Rundenzeit	2.10	12:12	5:48	56	5:02	209	5:32	8.40	46:10	5:29	48	18:03	182	19:56
Finish	2.10	12:21	5:52	59	5:10	219	5:37	10.50	58:31	5:34	49	23:13	187	25:33