



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

Detailed evaluation

Mayer, Holger

Club: Tesat Spacerunners
Number: 254

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

Category:
Männer 40 bis 49 Jahre

Total time: 58:30

Speed: 10.26 km/h
Running performance: 5:34 min/km

Rank in course/Total: 210 (of 389)

Rank in course/Men: 185 (of 301)

Best time in course: 32:58

Rank in category: 48(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	11:45	5:35	46	4:54	168	5:23	2.10	11:45	5:35	46	4:54	168	5:23
Rundenzeit	2.10	10:43	5:06	42	3:44	161	9:05	4.20	22:28	5:20	43	8:38	165	9:34
Rundenzeit	2.10	11:42	5:34	53	4:35	194	5:02	6.30	34:10	5:25	47	13:13	178	14:36
Rundenzeit	2.10	12:19	5:51	60	5:09	219	5:39	8.40	46:29	5:32	49	18:22	184	20:15
Finish	2.10	12:01	5:43	52	4:50	198	5:17	10.50	58:30	5:34	48	23:12	185	25:32