



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

Detailed evaluation

Skalnik, Roman

Club: Ludwigshafen  
Number: 370

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

Category:  
Männer 40 bis 49 Jahre

Total time: 58:33

Speed: 10.25 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 212 (of 389)

Rank in course/Men: 188 (of 301)

Best time in course: 32:58

Rank in category: 50(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	12:59	6:10	66	6:08	239	6:37	2.10	12:59	6:10	66	6:08	239	6:37
Rundenzeit	2.10	10:48	5:08	44	3:49	167	9:10	4.20	23:47	5:39	57	9:57	207	10:53
Rundenzeit	2.10	10:56	5:12	36	3:49	145	4:16	6.30	34:43	5:30	53	13:46	192	15:09
Rundenzeit	2.10	12:14	5:49	58	5:04	213	5:34	8.40	46:57	5:35	53	18:50	195	20:43
Finish	2.10	11:36	5:31	45	4:25	173	4:52	10.50	58:33	5:34	50	23:15	188	25:35