



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

Detailed evaluation

Häring, Carsten

Club: Ahorn
Number: 147

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

Category:
Männer 40 bis 49 Jahre

Total time: 58:54

Speed: 10.19 km/h
Running performance: 5:37 min/km

Rank in course/Total: 215 (of 389)

Rank in course/Men: 191 (of 301)

Best time in course: 32:58

Rank in category: 51(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 | 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 | 11:18 | 5:22 | 44 | 4:11 | 172 | 4:38 | 6.30 | 36:37 | 5:48 | 63 | 15:40 | 221 | 17:03 |
| Rundenzeit | 2.10 | 11:15 | 5:21 | 37 | 4:05 | 146 | 4:35 | 8.40 | 47:52 | 5:41 | 58 | 19:45 | 207 | 21:38 |
| Finish | 2.10 | 11:02 | 5:15 | 33 | 3:51 | 138 | 4:18 | 10.50 | 58:54 | 5:36 | 51 | 23:36 | 191 | 25:56 |