



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Dubiel, Michael

Club: Stapelläufer

Number: 84

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 50 bis 59 Jahre

Total time: 58:59

Speed: 10.17 km/h

Running performance: 5:37 min/km

Rank in course/Total: 216 (of 389)

Rank in course/Men: 192 (of 301)

Best time in course: 32:58

Rank in category: 52(of 86)

Best time in the category: 42:31

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	11:27	5:27	44	3:24	155	5:05	2.10	11:27	5:27	44	3:24	155	5:05
Rundenzeit	2.10	11:09	5:18	52	2:45	196	9:31	4.20	22:36	5:22	49	6:09	172	9:42
Rundenzeit	2.10	12:17	5:50	63	3:40	226	5:37	6.30	34:53	5:32	51	9:48	194	15:19
Rundenzeit	2.10	12:11	5:48	57	3:24	207	5:31	8.40	47:04	5:36	52	13:11	197	20:50
Finish	2.10	11:55	5:40	54	3:34	195	5:11	10.50	58:59	5:37	52	16:28	192	26:01