



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

Detailed evaluation

Moss, Jannis

Club: Lauftreff Druffel  
Number: 268

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

Category:  
Junioren 16 bis 19 Jahre

Total time: 59:08

Speed: 10.15 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 219 (of 389)

Rank in course/Men: 195 (of 301)

Best time in course: 32:58

Rank in category: 2(of 2)

Best time in the category: 53:13

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	12:08	5:46	2	0:42	190	5:46	2.10	12:08	5:46	2	0:42	190	5:46
Rundenzeit	2.10	12:03	5:44	2	1:17	241	10:25	4.20	24:11	5:45	2	1:59	219	11:17
Rundenzeit	2.10	11:46	5:36	2	1:03	196	5:06	6.30	35:57	5:42	2	3:02	212	16:23
Rundenzeit	2.10	11:33	5:30	2	1:12	163	4:53	8.40	47:30	5:39	2	4:14	199	21:16
Finish	2.10	11:38	5:32	2	1:41	177	4:54	10.50	59:08	5:37	2	5:55	195	26:10