



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

Detailed evaluation

Mauel, Thomas

Club: SSG Königswinter
Number: 253

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

Category:
Männer 50 bis 59 Jahre

Total time: 44:27

Speed: 13.50 km/h
Running performance: 4:14 min/km

Rank in course/Total: 18 (of 389)

Rank in course/Men: 18 (of 301)

Best time in course: 32:58

Rank in category: 4(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	8:09	3:52	2	0:06	16	1:47	2.10	8:09	3:52	2	0:06	16	1:47
Rundenzeit	2.10	8:41	4:08	5	0:17	25	7:03	4.20	16:50	4:00	2	0:23	16	3:56
Rundenzeit	2.10	9:13	4:23	8	0:36	32	2:33	6.30	26:03	4:08	4	0:58	21	6:29
Rundenzeit	2.10	9:18	4:25	8	0:31	29	2:38	8.40	35:21	4:12	4	1:28	21	9:07
Finish	2.10	9:06	4:19	5	0:45	24	2:22	10.50	44:27	4:14	4	1:56	18	11:29