



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

Detailed evaluation

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Club: Braunschweig  
Number: 449

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

Category:  
Männer 40 bis 49 Jahre

Total time: 59:22

Speed: 10.11 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 225 (of 389)

Rank in course/Men: 200 (of 301)

Best time in course: 32:58

Rank in category: 54(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	13:13	6:17	70	6:22	249	6:51	2.10	13:13	6:17	70	6:22	249	6:51
Rundenzeit	2.10	10:52	5:10	47	3:53	172	9:14	4.20	24:05	5:44	61	10:15	215	11:11
Rundenzeit	2.10	11:29	5:28	49	4:22	183	4:49	6.30	35:34	5:38	57	14:37	205	16:00
Rundenzeit	2.10	12:04	5:44	50	4:54	194	5:24	8.40	47:38	5:40	55	19:31	200	21:24
Finish	2.10	11:44	5:35	49	4:33	187	5:00	10.50	59:22	5:39	54	24:04	200	26:24