



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

Detailed evaluation

Verges, Guido

Club: Potsdam  
Number: 409

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

Category:  
Männer 40 bis 49 Jahre

Total time: 59:26

Speed: 10.10 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 226 (of 389)

Rank in course/Men: 201 (of 301)

Best time in course: 32:58

Rank in category: 55(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	11:15	5:21	41	4:24	141	4:53	2.10	11:15	5:21	41	4:24	141	4:53				
Rundenzeit	2.10	11:08	5:18	56	4:09	195	9:30	4.20	22:23	5:19	42	8:33	160	9:29				
Rundenzeit	2.10	12:35	5:59	69	5:28	236	5:55	6.30	34:58	5:33	54	14:01	195	15:24				
Rundenzeit	2.10	12:12	5:48	56	5:02	209	5:32	8.40	47:10	5:36	54	19:03	198	20:56				
Finish	2.10	12:16	5:50	57	5:05	215	5:32	10.50	59:26	5:39	55	24:08	201	26:28				