



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

Detailed evaluation

Baumgärtner, Stefan

Club: Hünstetten

Number: 19

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 40 bis 49 Jahre

Total time: 59:40

Speed: 10.06 km/h

Running performance: 5:41 min/km

Rank in course/Total: 227 (of 389)

Rank in course/Men: 202 (of 301)

Best time in course: 32:58

Rank in category: 56(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.	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	43	4:36	155	5:05	2.10	11:27	5:27	43	4:36	155	5:05
Rundenzeit	2.10	11:05	5:16	52	4:06	191	9:27	4.20	22:32	5:21	44	8:42	166	9:38
Rundenzeit	2.10	11:47	5:36	55	4:40	197	5:07	6.30	34:19	5:26	51	13:22	185	14:45
Rundenzeit	2.10	12:25	5:54	61	5:15	220	5:45	8.40	46:44	5:33	50	18:37	189	20:30
Finish	2.10	12:56	6:09	66	5:45	242	6:12	10.50	59:40	5:40	56	24:22	202	26:42