



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

Detailed evaluation

Schmidt, Jens

Club: Seewolfjäger
Number: 343

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: 228 (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

Control	Intermediate times				Stage score				Total ranking					
	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	12:05	5:45	52	5:14	186	5:43	2.10	12:05	5:45	52	5:14	186	5:43
Rundenzeit	2.10	11:50	5:38	64	4:51	227	10:12	4.20	23:55	5:41	58	10:05	208	11:01
Rundenzeit	2.10	11:59	5:42	56	4:52	201	5:19	6.30	35:54	5:41	58	14:57	208	16:20
Rundenzeit	2.10	12:06	5:45	51	4:56	195	5:26	8.40	48:00	5:42	60	19:53	214	21:46
Finish	2.10	11:40	5:33	47	4:29	182	4:56	10.50	59:40	5:40	56	24:22	202	26:42