



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

Detailed evaluation

Warth, Christian

Club: TV Cortendorf
Number: 422

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

Category:
Männer 30 bis 39 Jahre

Total time: 59:55

Speed: 10.01 km/h
Running performance: 5:43 min/km

Rank in course/Total: 232 (of 389)

Rank in course/Men: 206 (of 301)

Best time in course: 32:58

Rank in category: 55(of 68)

Best time in the category: 32:58

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	12:20	5:52	52	5:58	199	5:58	2.10	12:20	5:52	52	5:58	199	5:58
Rundenzeit	2.10	10:40	5:04	48	4:08	154	9:02	4.20	23:00	5:28	49	10:06	186	10:06
Rundenzeit	2.10	12:44	6:03	61	6:04	245	6:04	6.30	35:44	5:40	57	16:10	207	16:10
Rundenzeit	2.10	12:02	5:43	53	5:22	191	5:22	8.40	47:46	5:41	55	21:32	202	21:32
Finish	2.10	12:09	5:47	56	5:25	206	5:25	10.50	59:55	5:42	55	26:57	206	26:57