



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

Detailed evaluation

Gafka, Michael

Club: TSV Leinde
Number: 121

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

Category:
Männer 40 bis 49 Jahre

Total time: 44:30

Speed: 13.48 km/h
Running performance: 4:14 min/km

Rank in course/Total: 19 (of 389)

Rank in course/Men: 19 (of 301)

Best time in course: 32:58

Rank in category: 7(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	8:24	4:00	8	1:33	17	2:02	2.10	8:24	4:00	8	1:33	17	2:02
Rundenzeit	2.10	8:34	4:04	8	1:35	20	6:56	4.20	16:58	4:02	8	3:08	17	4:04
Rundenzeit	2.10	8:53	4:13	8	1:46	20	2:13	6.30	25:51	4:06	8	4:54	17	6:17
Rundenzeit	2.10	9:25	4:29	12	2:15	34	2:45	8.40	35:16	4:11	9	7:09	20	9:02
Finish	2.10	9:14	4:23	8	2:03	29	2:30	10.50	44:30	4:14	7	9:12	19	11:32