



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Brix, Christian

Club: TV Hohne

Number: 52

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 30 bis 39 Jahre

Total time: 1:00:07

Speed: 10.48 km/h

Running performance: 5:44 min/km

Rank in course/Total: 238 (of 389)

Rank in course/Men: 209 (of 301)

Best time in course: 32:58

Rank in category: 56(of 68)

Best time in the category: 32:58

Intermediate times

Stage score

Total ranking

Control	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	12:26	5:55	54	6:04	208	6:04	2.10	12:26	5:55	54	6:04	208	6:04
Rundenzeit	2.10	11:33	5:30	58	5:01	212	9:55	4.20	23:59	5:42	58	11:05	211	11:05
Rundenzeit	2.10	11:56	5:40	53	5:16	199	5:16	6.30	35:55	5:42	58	16:21	210	16:21
Rundenzeit	2.10	12:02	5:43	53	5:22	191	5:22	8.40	47:57	5:42	58	21:43	213	21:43
Finish	2.10	12:10	5:47	57	5:26	208	5:26	10.50	1:00:07	5:43	56	27:09	209	27:09