



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Riedel, Thomas

Club: TSV Weitramsdorf
Number: 316

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

Category:
Männer 20 bis 29 Jahre

Total time: 1:00:15

Speed: 9.96 km/h
Running performance: 5:44 min/km

Rank in course/Total: 239 (of 389)

Rank in course/Men: 210 (of 301)

Best time in course: 32:58

Rank in category: 25(of 30)

Best time in the category: 42:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	12:51	6:07	27	4:58	232	6:29	2.10	12:51	6:07	27	4:58	232	6:29				
Rundenzeit	2.10	12:23	5:53	29	10:45	253	10:45	4.20	25:14	6:00	28	8:58	241	12:20				
Rundenzeit	2.10	12:38	6:00	25	3:48	238	5:58	6.30	37:52	6:00	27	12:46	244	18:18				
Rundenzeit	2.10	12:42	6:02	25	3:54	232	6:02	8.40	50:34	6:01	26	16:40	241	24:20				
Finish	2.10	9:41	4:36	6	1:19	49	2:57	10.50	1:00:15	5:44	25	17:59	210	27:17				