



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

Detailed evaluation

Dill, Matthias

Club: Weitramsdorf
Number: 75

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:00:18

Speed: 9.95 km/h
Running performance: 5:44 min/km

Rank in course/Total: 240 (of 389)

Rank in course/Men: 211 (of 301)

Best time in course: 32:58

Rank in category: 58(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	12:51	6:07	64	6:00	232	6:29	2.10	12:51	6:07	64	6:00	232	6:29
Rundenzeit	2.10	11:20	5:23	58	4:21	205	9:42	4.20	24:11	5:45	62	10:21	219	11:17
Rundenzeit	2.10	11:45	5:35	54	4:38	195	5:05	6.30	35:56	5:42	59	14:59	211	16:22
Rundenzeit	2.10	12:07	5:46	52	4:57	200	5:27	8.40	48:03	5:43	61	19:56	216	21:49
Finish	2.10	12:15	5:49	56	5:04	214	5:31	10.50	1:00:18	5:44	58	25:00	211	27:20