



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

Detailed evaluation

Müller, Bernd

Club: Gotha
Number: 271

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:00:33

Speed: 9.91 km/h
Running performance: 5:46 min/km

Rank in course/Total: 241 (of 389)

Rank in course/Men: 212 (of 301)

Best time in course: 32:58

Rank in category: 59(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	11:59	5:42	51	5:08	182	5:37	2.10	11:59	5:42	51	5:08	182	5:37
Rundenzeit	2.10	11:16	5:21	57	4:17	202	9:38	4.20	23:15	5:32	53	9:25	196	10:21
Rundenzeit	2.10	12:01	5:43	58	4:54	205	5:21	6.30	35:16	5:35	56	14:19	203	15:42
Rundenzeit	2.10	12:40	6:01	65	5:30	230	6:00	8.40	47:56	5:42	59	19:49	211	21:42
Finish	2.10	12:37	6:00	63	5:26	227	5:53	10.50	1:00:33	5:46	59	25:15	212	27:35