



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

Detailed evaluation

Lindner, Marcus

Club: WSV Brotterode
Number: 237

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

Category:
Männer 30 bis 39 Jahre

Total time: 1:00:33

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

Rank in course/Total: 242 (of 389)

Rank in course/Men: 212 (of 301)

Best time in course: 32:58

Rank in category: 57(of 68)

Best time in the category: 32:58

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|------------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | 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 | 11:58 | 5:41 | 46 | 5:36 | 180 | 5:36 | 2.10 | 11:58 | 5:41 | 46 | 5:36 | 180 | 5:36 |
| Rundenzeit | 2.10 | 11:14 | 5:20 | 54 | 4:42 | 199 | 9:36 | 4.20 | 23:12 | 5:31 | 52 | 10:18 | 192 | 10:18 |
| Rundenzeit | 2.10 | 12:01 | 5:43 | 54 | 5:21 | 205 | 5:21 | 6.30 | 35:13 | 5:35 | 55 | 15:39 | 201 | 15:39 |
| Rundenzeit | 2.10 | 12:40 | 6:01 | 60 | 6:00 | 230 | 6:00 | 8.40 | 47:53 | 5:42 | 56 | 21:39 | 209 | 21:39 |
| Finish | 2.10 | 12:40 | 6:01 | 62 | 5:56 | 234 | 5:56 | 10.50 | 1:00:33 | 5:46 | 57 | 27:35 | 212 | 27:35 |