



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

Detailed evaluation

Tankovics, Csongor

Club: Plauen
Number: 389

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

Category:
Männer 30 bis 39 Jahre

Total time: 45:04

Speed: 13.31 km/h
Running performance: 4:17 min/km

Rank in course/Total: 20 (of 389)

Rank in course/Men: 20 (of 301)

Best time in course: 32:58

Rank in category: 7(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.	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	8:30	4:02	7	2:08	19	2:08	2.10	8:30	4:02	7	2:08	19	2:08
Rundenzeit	2.10	8:45	4:09	8	2:13	26	7:07	4.20	17:15	4:06	7	4:21	21	4:21
Rundenzeit	2.10	9:12	4:22	10	2:32	31	2:32	6.30	26:27	4:11	7	6:53	22	6:53
Rundenzeit	2.10	9:19	4:26	9	2:39	30	2:39	8.40	35:46	4:15	7	9:32	22	9:32
Finish	2.10	9:18	4:25	11	2:34	34	2:34	10.50	45:04	4:17	7	12:06	20	12:06