



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

Detailed evaluation

Köllmer, Michael

Club: Rund um Schweng
Number: 206

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: 243 (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

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				
Rundenzeit	2.10	11:55	5:40	45	5:33	178	5:33	2.10	11:55	5:40	45	5:33	178	5:33			
Rundenzeit	2.10	11:18	5:22	56	4:46	203	9:40	4.20	23:13	5:31	54	10:19	194	10:19			
Rundenzeit	2.10	12:02	5:43	55	5:22	207	5:22	6.30	35:15	5:35	56	15:41	202	15:41			
Rundenzeit	2.10	12:39	6:01	59	5:59	228	5:59	8.40	47:54	5:42	57	21:40	210	21:40			
Finish	2.10	12:39	6:01	59	5:55	230	5:55	10.50	1:00:33	5:46	57	27:35	212	27:35			