



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

Detailed evaluation

Fleischmann, Andreas

Club: Untersiemau
Number: 108

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:00:35

Speed: 9.90 km/h
Running performance: 5:46 min/km

Rank in course/Total: 244 (of 389)

Rank in course/Men: 215 (of 301)

Best time in course: 32:58

Rank in category: 60(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	11:51	5:38	49	5:00	174	5:29	2.10	11:51	5:38	49	5:00	174	5:29				
Rundenzeit	2.10	12:06	5:45	69	5:07	244	10:28	4.20	23:57	5:42	59	10:07	210	11:03				
Rundenzeit	2.10	12:18	5:51	65	5:11	228	5:38	6.30	36:15	5:45	61	15:18	215	16:41				
Rundenzeit	2.10	12:11	5:48	55	5:01	207	5:31	8.40	48:26	5:45	63	20:19	218	22:12				
Finish	2.10	12:09	5:47	55	4:58	206	5:25	10.50	1:00:35	5:46	60	25:17	215	27:37				