



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

Detailed evaluation

Burose, Dietmar

Club: BSG Commerzbank Hannover
Number: 66

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:00:57

Speed: 9.84 km/h
Running performance: 5:48 min/km

Rank in course/Total: 249 (of 389)

Rank in course/Men: 216 (of 301)

Best time in course: 32:58

Rank in category: 57(of 86)

Best time in the category: 42:31

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	13:36	6:28	70	5:33	259	7:14	2.10	13:36	6:28	70	5:33	259	7:14
Rundenzeit	2.10	11:58	5:41	64	3:34	235	10:20	4.20	25:34	6:05	68	9:07	250	12:40
Rundenzeit	2.10	12:05	5:45	57	3:28	211	5:25	6.30	37:39	5:58	64	12:34	237	18:05
Rundenzeit	2.10	11:49	5:37	49	3:02	180	5:09	8.40	49:28	5:53	63	15:35	227	23:14
Finish	2.10	11:29	5:28	41	3:08	161	4:45	10.50	1:00:57	5:48	57	18:26	216	27:59