



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

Detailed evaluation

Resenthal, Jörg

Club: BSG Commerzbank Hannover  
Number: 310

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

Category:  
Männer 40 bis 49 Jahre

Total time: 1:00:57

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

Rank in course/Total: 250 (of 389)

Rank in course/Men: 216 (of 301)

Best time in course: 32:58

Rank in category: 61(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.	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	13:37	6:29	72	6:46	261	7:15	2.10	13:37	6:29	72	6:46	261	7:15
Rundenzeit	2.10	11:58	5:41	67	4:59	235	10:20	4.20	25:35	6:05	74	11:45	252	12:41
Rundenzeit	2.10	12:05	5:45	60	4:58	211	5:25	6.30	37:40	5:58	69	16:43	238	18:06
Rundenzeit	2.10	11:49	5:37	47	4:39	180	5:09	8.40	49:29	5:53	65	21:22	228	23:15
Finish	2.10	11:28	5:27	40	4:17	159	4:44	10.50	1:00:57	5:48	61	25:39	216	27:59