



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

Detailed evaluation

Scheffler, Rene

Club: Stapelläufer
Number: 334

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

Category:
Männer 40 bis 49 Jahre

Total time: 45:10

Speed: 13.28 km/h
Running performance: 4:18 min/km

Rank in course/Total: 21 (of 389)

Rank in course/Men: 21 (of 301)

Best time in course: 32:58

Rank in category: 8(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	8:26	4:00	9	1:35	18	2:04	2.10	8:26	4:00	9	1:35	18	2:04
Rundenzeit	2.10	8:34	4:04	8	1:35	20	6:56	4.20	17:00	4:02	9	3:10	18	4:06
Rundenzeit	2.10	8:54	4:14	9	1:47	21	2:14	6.30	25:54	4:06	9	4:57	20	6:20
Rundenzeit	2.10	9:08	4:20	8	1:58	21	2:28	8.40	35:02	4:10	8	6:55	19	8:48
Finish	2.10	10:08	4:49	20	2:57	80	3:24	10.50	45:10	4:18	8	9:52	21	12:12