



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

Detailed evaluation

Winter, Christian

Club: TV Hohne
Number: 438

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

Category:
Männer 20 bis 29 Jahre

Total time: 1:01:38

Speed: 9.73 km/h
Running performance: 5:52 min/km

Rank in course/Total: 261 (of 389)

Rank in course/Men: 223 (of 301)

Best time in course: 32:58

Rank in category: 26(of 30)

Best time in the category: 42:16

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	12:26	5:55	24	4:33	208	6:04	2.10	12:26	5:55	24	4:33	208	6:04
Rundenzeit	2.10	11:34	5:30	26	9:56	215	9:56	4.20	24:00	5:42	25	7:44	214	11:06
Rundenzeit	2.10	12:49	6:06	27	3:59	249	6:09	6.30	36:49	5:50	25	11:43	224	17:15
Rundenzeit	2.10	13:01	6:11	27	4:13	243	6:21	8.40	49:50	5:55	25	15:56	234	23:36
Finish	2.10	11:48	5:37	23	3:26	191	5:04	10.50	1:01:38	5:52	26	19:22	223	28:40