



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

Detailed evaluation

Bissot, Jörg

Club: TSV Weitramsdorf
Number: 38

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:01:49

Speed: 9.71 km/h
Running performance: 5:53 min/km

Rank in course/Total: 264 (of 389)

Rank in course/Men: 226 (of 301)

Best time in course: 32:58

Rank in category: 62(of 83)

Best time in the category: 35:18

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	13:57	6:38	78	7:06	275	7:35	2.10	13:57	6:38	78	7:06	275	7:35
Rundenzeit	2.10	11:33	5:30	61	4:34	212	9:55	4.20	25:30	6:04	71	11:40	246	12:36
Rundenzeit	2.10	11:23	5:25	46	4:16	177	4:43	6.30	36:53	5:51	65	15:56	227	17:19
Rundenzeit	2.10	12:18	5:51	59	5:08	216	5:38	8.40	49:11	5:51	64	21:04	223	22:57
Finish	2.10	12:38	6:00	64	5:27	228	5:54	10.50	1:01:49	5:53	62	26:31	226	28:51