



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

Detailed evaluation

Wessels, Stefan

Club: Osnabrück
Number: 430

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

Category:
Männer 30 bis 39 Jahre

Total time: 1:01:56

Speed: 9.69 km/h
Running performance: 5:54 min/km

Rank in course/Total: 266 (of 389)

Rank in course/Men: 228 (of 301)

Best time in course: 32:58

Rank in category: 59(of 68)

Best time in the category: 32:58

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	12:36	6:00	56	6:14	218	6:14	2.10	12:36	6:00	56	6:14	218	6:14
Rundenzeit	2.10	11:53	5:39	59	5:21	231	10:15	4.20	24:29	5:49	59	11:35	226	11:35
Rundenzeit	2.10	12:17	5:50	58	5:37	226	5:37	6.30	36:46	5:50	59	17:12	222	17:12
Rundenzeit	2.10	12:54	6:08	63	6:14	237	6:14	8.40	49:40	5:54	59	23:26	232	23:26
Finish	2.10	12:16	5:50	58	5:32	215	5:32	10.50	1:01:56	5:53	59	28:58	228	28:58