



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

Detailed evaluation

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Club: Ingenieurbüro für Thermografie
Number: 96

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:02:02

Speed: 9.67 km/h
Running performance: 5:55 min/km

Rank in course/Total: 268 (of 389)

Rank in course/Men: 229 (of 301)

Best time in course: 32:58

Rank in category: 63(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	12:52	6:07	65	6:01	235	6:30	2.10	12:52	6:07	65	6:01	235	6:30
Rundenzeit	2.10	11:50	5:38	64	4:51	227	10:12	4.20	24:42	5:52	65	10:52	232	11:48
Rundenzeit	2.10	12:13	5:49	63	5:06	221	5:33	6.30	36:55	5:51	66	15:58	229	17:21
Rundenzeit	2.10	12:34	5:59	62	5:24	223	5:54	8.40	49:29	5:53	65	21:22	228	23:15
Finish	2.10	12:33	5:58	62	5:22	224	5:49	10.50	1:02:02	5:54	63	26:44	229	29:04