



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Meyer, Thomas

Club: Da müssen wir durch
Number: 259

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:02:13

Speed: 10.13 km/h
Running performance: 5:56 min/km

Rank in course/Total: 272 (of 389)

Rank in course/Men: 232 (of 301)

Best time in course: 32:58

Rank in category: 65(of 86)

Best time in the category: 42:31

Intermediate times

Stage score

Total ranking

Control	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	12:50	6:06	62	4:47	230	6:28	2.10	12:50	6:06	62	4:47	230	6:28
Rundenzeit	2.10	12:42	6:02	71	4:18	259	11:04	4.20	25:32	6:04	67	9:05	248	12:38
Rundenzeit	2.10	12:31	5:57	65	3:54	233	5:51	6.30	38:03	6:02	68	12:58	249	18:29
Rundenzeit	2.10	12:30	5:57	62	3:43	221	5:50	8.40	50:33	6:01	67	16:40	240	24:19
Finish	2.10	11:40	5:33	49	3:19	182	4:56	10.50	1:02:13	5:55	65	19:42	232	29:15