



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

Detailed evaluation

Schmidt, Steffen

Club: Rarámuri
Number: 344

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

Category:
Männer 40 bis 49 Jahre

Total time: 45:29

Speed: 13.19 km/h
Running performance: 4:20 min/km

Rank in course/Total: 24 (of 389)

Rank in course/Men: 24 (of 301)

Best time in course: 32:58

Rank in category: 9(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	9:26	4:29	17	2:35	40	3:04	2.10	9:26	4:29	17	2:35	40	3:04
Rundenzeit	2.10	8:58	4:16	10	1:59	32	7:20	4.20	18:24	4:22	14	4:34	34	5:30
Rundenzeit	2.10	9:06	4:19	10	1:59	27	2:26	6.30	27:30	4:21	12	6:33	28	7:56
Rundenzeit	2.10	9:16	4:24	9	2:06	26	2:36	8.40	36:46	4:22	11	8:39	28	10:32
Finish	2.10	8:43	4:09	7	1:32	17	1:59	10.50	45:29	4:19	9	10:11	24	12:31