



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

Detailed evaluation

Döring, Jochen

Club: Sersheim
Number: 78

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

Category:
Männer 30 bis 39 Jahre

Total time: 1:02:21

Speed: 9.62 km/h
Running performance: 5:56 min/km

Rank in course/Total: 273 (of 389)

Rank in course/Men: 233 (of 301)

Best time in course: 32:58

Rank in category: 60(of 68)

Best time in the category: 32:58

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	13:27	6:24	63	7:05	254	7:05	2.10	13:27	6:24	63	7:05	254	7:05
Rundenzeit	2.10	13:09	6:15	63	6:37	272	11:31	4.20	26:36	6:19	66	13:42	269	13:42
Rundenzeit	2.10	14:00	6:39	65	7:20	275	7:20	6.30	40:36	6:26	66	21:02	272	21:02
Rundenzeit	2.10	10:57	5:12	40	4:17	126	4:17	8.40	51:33	6:08	63	25:19	253	25:19
Finish	2.10	10:48	5:08	38	4:04	123	4:04	10.50	1:02:21	5:56	60	29:23	233	29:23