



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

Detailed evaluation

Dismer, Jan

Club: BSG Commerzbank Hannover
Number: 77

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

Category:
Männer 30 bis 39 Jahre

Total time: 1:02:26

Speed: 9.61 km/h
Running performance: 5:57 min/km

Rank in course/Total: 274 (of 389)

Rank in course/Men: 234 (of 301)

Best time in course: 32:58

Rank in category: 61(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	14:05	6:42	67	7:43	278	7:43	2.10	14:05	6:42	67	7:43	278	7:43				
Rundenzeit	2.10	12:18	5:51	60	5:46	248	10:40	4.20	26:23	6:16	64	13:29	265	13:29				
Rundenzeit	2.10	12:03	5:44	56	5:23	208	5:23	6.30	38:26	6:06	60	18:52	251	18:52				
Rundenzeit	2.10	12:06	5:45	55	5:26	195	5:26	8.40	50:32	6:00	60	24:18	238	24:18				
Finish	2.10	11:54	5:40	54	5:10	194	5:10	10.50	1:02:26	5:56	61	29:28	234	29:28				