



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Brix, Michael

Club: TV Hohne
Number: 53

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

Category:
Männer 60 bis 69 Jahre

Total time: 1:02:36

Speed: 9.58 km/h
Running performance: 5:58 min/km

Rank in course/Total: 277 (of 389)

Rank in course/Men: 236 (of 301)

Best time in course: 32:58

Rank in category: 15(of 24)

Best time in the category: 43:40

Control	Intermediate times					Stage score				Total ranking				
	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	12:31	5:57	13	4:01	213	6:09	2.10	12:31	5:57	13	4:01	213	6:09
Rundenzeit	2.10	11:45	5:35	14	3:12	225	10:07	4.20	24:16	5:46	13	7:13	222	11:22
Rundenzeit	2.10	12:32	5:58	15	3:44	235	5:52	6.30	36:48	5:50	14	10:57	223	17:14
Rundenzeit	2.10	13:01	6:11	15	4:13	243	6:21	8.40	49:49	5:55	15	15:10	233	23:35
Finish	2.10	12:47	6:05	14	3:46	237	6:03	10.50	1:02:36	5:57	15	18:56	236	29:38