



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

Detailed evaluation

Werner, Frank

Club: SG Urbich 1984 e.V.
Number: 428

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:02:50

Speed: 9.55 km/h
Running performance: 5:59 min/km

Rank in course/Total: 279 (of 389)

Rank in course/Men: 237 (of 301)

Best time in course: 32:58

Rank in category: 65(of 83)

Best time in the category: 35:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Pos		Behind		
				Cat.	Men	Cat.	Men	km	Time	Cat.	Men			
Rundenzeit	2.10	10:42	5:05	32	113	3:51	4:20	2.10	10:42	5:05	32	113	3:51	4:20
Rundenzeit	2.10	9:39	4:35	23	81	2:40	8:01	4.20	20:21	4:50	25	91	6:31	7:27
Rundenzeit	2.10	10:16	4:53	24	89	3:09	3:36	6.30	30:37	4:51	25	87	9:40	11:03
Rundenzeit	2.10	10:34	5:01	27	96	3:24	3:54	8.40	41:11	4:54	26	89	13:04	14:57
Finish	2.10	21:39	10:18	81	292	14:28	14:55	10.50	1:02:50	5:59	65	237	27:32	29:52