



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

Detailed evaluation

Döring, Manuel

Club: Sersheim
Number: 79

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

Category:
Männer 20 bis 29 Jahre

Total time: 1:03:07

Speed: 9.51 km/h
Running performance: 6:01 min/km

Rank in course/Total: 282 (of 389)

Rank in course/Men: 239 (of 301)

Best time in course: 32:58

Rank in category: 27(of 30)

Best time in the category: 42:16

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	13:07	6:14	28	5:14	245	6:45	2.10	13:07	6:14	28	5:14	245	6:45
Rundenzeit	2.10	11:36	5:31	27	9:58	219	9:58	4.20	24:43	5:53	27	8:27	233	11:49
Rundenzeit	2.10	12:38	6:00	25	3:48	238	5:58	6.30	37:21	5:55	26	12:15	233	17:47
Rundenzeit	2.10	13:13	6:17	28	4:25	249	6:33	8.40	50:34	6:01	26	16:40	241	24:20
Finish	2.10	12:33	5:58	28	4:11	224	5:49	10.50	1:03:07	6:00	27	20:51	239	30:09