



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Dick, Michael

Club: TSV Dörfles Esbach
Number: 71

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

Category:
Männer 30 bis 39 Jahre

Total time: 45:28

Speed: 13.86 km/h
Running performance: 4:20 min/km

Rank in course/Total: 23 (of 389)

Rank in course/Men: 23 (of 301)

Best time in course: 32:58

Rank in category: 8(of 68)

Best time in the category: 32:58

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	10:41	5:05	31	4:19	111	4:19	2.10	10:41	5:05	31	4:19	111	4:19
Rundenzeit	2.10	8:18	3:57	6	1:46	14	6:40	4.20	18:59	4:31	15	6:05	48	6:05
Rundenzeit	2.10	8:45	4:09	6	2:05	16	2:05	6.30	27:44	4:24	8	8:10	30	8:10
Rundenzeit	2.10	8:52	4:13	7	2:12	19	2:12	8.40	36:36	4:21	8	10:22	25	10:22
Finish	2.10	8:52	4:13	7	2:08	19	2:08	10.50	45:28	4:19	8	12:30	23	12:30