



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Braune, Hartmut

Club: Brownies
Number: 48

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:02:59

Speed: 9.53 km/h
Running performance: 6:00 min/km

Rank in course/Total: 280 (of 389)

Rank in course/Men: 238 (of 301)

Best time in course: 32:58

Rank in category: 66(of 83)

Best time in the category: 35:18

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	13:10	6:16	69	6:19	247	6:48	2.10	13:10	6:16	69	6:19	247	6:48				
Rundenzeit	2.10	12:05	5:45	68	5:06	243	10:27	4.20	25:15	6:00	68	11:25	243	12:21				
Rundenzeit	2.10	12:26	5:55	68	5:19	232	5:46	6.30	37:41	5:58	70	16:44	240	18:07				
Rundenzeit	2.10	12:35	5:59	64	5:25	225	5:55	8.40	50:16	5:59	68	22:09	236	24:02				
Finish	2.10	12:43	6:03	65	5:32	236	5:59	10.50	1:02:59	5:59	66	27:41	238	30:01				