



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Arnold, Andreas

Club: Mühlhausen

Number: 5

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 50 bis 59 Jahre

Total time: 1:03:17

Speed: 9.48 km/h

Running performance: 6:02 min/km

Rank in course/Total: 283 (of 389)

Rank in course/Men: 240 (of 301)

Best time in course: 32:58

Rank in category: 67(of 86)

Best time in the category: 42:31

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	10:53	5:10	34	2:50	123	4:31	2.10	10:53	5:10	34	2:50	123	4:31
Rundenzeit	2.10	11:41	5:33	59	3:17	223	10:03	4.20	22:34	5:22	48	6:07	169	9:40
Rundenzeit	2.10	12:46	6:04	69	4:09	247	6:06	6.30	35:20	5:36	54	10:15	204	15:46
Rundenzeit	2.10	13:25	6:23	71	4:38	258	6:45	8.40	48:45	5:48	59	14:52	220	22:31
Finish	2.10	14:32	6:55	78	6:11	277	7:48	10.50	1:03:17	6:01	67	20:46	240	30:19