



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Scheffler, Alex

Club: Stapelläufer

Number: 333

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 40 bis 49 Jahre

Total time: 1:04:08

Speed: 9.36 km/h

Running performance: 6:07 min/km

Rank in course/Total: 287 (of 389)

Rank in course/Men: 242 (of 301)

Best time in course: 32:58

Rank in category: 67(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	10:36	5:02	28	3:45	103	4:14	2.10	10:36	5:02	28	3:45	103	4:14
Rundenzeit	2.10	12:55	6:09	76	5:56	265	11:17	4.20	23:31	5:35	56	9:41	206	10:37
Rundenzeit	2.10	13:21	6:21	74	6:14	262	6:41	6.30	36:52	5:51	64	15:55	226	17:18
Rundenzeit	2.10	13:39	6:30	75	6:29	260	6:59	8.40	50:31	6:00	69	22:24	237	24:17
Finish	2.10	13:37	6:29	69	6:26	258	6:53	10.50	1:04:08	6:06	67	28:50	242	31:10