



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

Detailed evaluation

Raiß, Alexander

Club: TV Büttelborn
Number: 306

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

Category:
Männer 30 bis 39 Jahre

Total time: 1:04:10

Speed: 9.35 km/h
Running performance: 6:07 min/km

Rank in course/Total: 289 (of 389)

Rank in course/Men: 244 (of 301)

Best time in course: 32:58

Rank in category: 63(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	13:27	6:24	63	7:05	254	7:05	2.10	13:27	6:24	63	7:05	254	7:05
Rundenzeit	2.10	12:39	6:01	62	6:07	257	11:01	4.20	26:06	6:12	62	13:12	261	13:12
Rundenzeit	2.10	12:39	6:01	59	5:59	240	5:59	6.30	38:45	6:09	63	19:11	256	19:11
Rundenzeit	2.10	12:46	6:04	61	6:06	235	6:06	8.40	51:31	6:07	62	25:17	252	25:17
Finish	2.10	12:39	6:01	59	5:55	230	5:55	10.50	1:04:10	6:06	63	31:12	244	31:12