



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

Detailed evaluation

Wolf, Johannes

Club: Wiesbaden
Number: 446

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

Category:
Männer 30 bis 39 Jahre

Total time: 1:04:09

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

Rank in course/Total: 288 (of 389)

Rank in course/Men: 243 (of 301)

Best time in course: 32:58

Rank in category: 62(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	12:52	6:07	61	6:30	235	6:30	2.10	12:52	6:07	61	6:30	235	6:30
Rundenzeit	2.10	13:13	6:17	64	6:41	273	11:35	4.20	26:05	6:12	61	13:11	260	13:11
Rundenzeit	2.10	12:39	6:01	59	5:59	240	5:59	6.30	38:44	6:08	62	19:10	255	19:10
Rundenzeit	2.10	12:46	6:04	61	6:06	235	6:06	8.40	51:30	6:07	61	25:16	250	25:16
Finish	2.10	12:39	6:01	59	5:55	230	5:55	10.50	1:04:09	6:06	62	31:11	243	31:11