



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

Detailed evaluation

Baas, Imgo

Club: Stapelläufer
Number: 6

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

Category:
Männer 20 bis 29 Jahre

Total time: 1:04:19

Speed: 9.33 km/h
Running performance: 6:08 min/km

Rank in course/Total: 292 (of 389)

Rank in course/Men: 246 (of 301)

Best time in course: 32:58

Rank in category: 28(of 30)

Best time in the category: 42:16

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	13:25	6:23	29	5:32	252	7:03	2.10	13:25	6:23	29	5:32	252	7:03
Rundenzeit	2.10	12:35	5:59	30	10:57	255	10:57	4.20	26:00	6:11	29	9:44	257	13:06
Rundenzeit	2.10	12:54	6:08	28	4:04	251	6:14	6.30	38:54	6:10	29	13:48	258	19:20
Rundenzeit	2.10	12:55	6:09	26	4:07	239	6:15	8.40	51:49	6:10	28	17:55	255	25:35
Finish	2.10	12:30	5:57	27	4:08	222	5:46	10.50	1:04:19	6:07	28	22:03	246	31:21