



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Trosiener, Reiner

Club: Stapelläufer

Number: 401

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 40 bis 49 Jahre

Total time: 1:04:19

Speed: 9.80 km/h

Running performance: 6:08 min/km

Rank in course/Total: 293 (of 389)

Rank in course/Men: 246 (of 301)

Best time in course: 32:58

Rank in category: 68(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	13:26	6:23	71	6:35	253	7:04	2.10	13:26	6:23	71	6:35	253	7:04
Rundenzeit	2.10	12:35	5:59	72	5:36	255	10:57	4.20	26:01	6:11	75	12:11	258	13:07
Rundenzeit	2.10	12:53	6:08	71	5:46	250	6:13	6.30	38:54	6:10	74	17:57	258	19:20
Rundenzeit	2.10	12:54	6:08	68	5:44	237	6:14	8.40	51:48	6:09	73	23:41	254	25:34
Finish	2.10	12:31	5:57	61	5:20	223	5:47	10.50	1:04:19	6:07	68	29:01	246	31:21