



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg

Number: 454

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 40 bis 49 Jahre

Total time: 1:04:24

Speed: 9.78 km/h

Running performance: 6:08 min/km

Rank in course/Total: 294 (of 389)

Rank in course/Men: 248 (of 301)

Best time in course: 32:58

Rank in category: 69(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	13:01	6:11	67	6:10	240	6:39	2.10	13:01	6:11	67	6:10	240	6:39
Rundenzeit	2.10	12:13	5:49	70	5:14	246	10:35	4.20	25:14	6:00	67	11:24	241	12:20
Rundenzeit	2.10	12:46	6:04	70	5:39	247	6:06	6.30	38:00	6:01	73	17:03	248	18:26
Rundenzeit	2.10	13:19	6:20	72	6:09	254	6:39	8.40	51:19	6:06	72	23:12	249	25:05
Finish	2.10	13:05	6:13	67	5:54	248	6:21	10.50	1:04:24	6:08	69	29:06	248	31:26