



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

Detailed evaluation

Bruns, Emil

Club: SC Langenhagen
Number: 59

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

Category:
Männer 60 bis 69 Jahre

Total time: 1:05:35

Speed: 9.15 km/h
Running performance: 6:15 min/km

Rank in course/Total: 303 (of 389)

Rank in course/Men: 254 (of 301)

Best time in course: 32:58

Rank in category: 17(of 24)

Best time in the category: 43:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	12:39	6:01	15	4:09	220	6:17	2.10	12:39	6:01	15	4:09	220	6:17				
Rundenzeit	2.10	12:01	5:43	15	3:28	238	10:23	4.20	24:40	5:52	15	7:37	230	11:46				
Rundenzeit	2.10	13:01	6:11	18	4:13	257	6:21	6.30	37:41	5:58	16	11:50	240	18:07				
Rundenzeit	2.10	13:49	6:34	19	5:01	266	7:09	8.40	51:30	6:07	17	16:51	250	25:16				
Finish	2.10	14:05	6:42	20	5:04	269	7:21	10.50	1:05:35	6:14	17	21:55	254	32:37				