



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Dill, Alexander

Club: Gotha
Number: 74

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

Category:
Männer 20 bis 29 Jahre

Total time: 1:06:10

Speed: 9.07 km/h
Running performance: 6:18 min/km

Rank in course/Total: 312 (of 389)

Rank in course/Men: 259 (of 301)

Best time in course: 32:58

Rank in category: 29(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	12:23	5:53	23	4:30	204	6:01	2.10	12:23	5:53	23	4:30	204	6:01
Rundenzeit	2.10	11:57	5:41	28	10:19	234	10:19	4.20	24:20	5:47	26	8:04	223	11:26
Rundenzeit	2.10	13:56	6:38	29	5:06	274	7:16	6.30	38:16	6:04	28	13:10	250	18:42
Rundenzeit	2.10	14:29	6:53	29	5:41	279	7:49	8.40	52:45	6:16	29	18:51	261	26:31
Finish	2.10	13:25	6:23	29	5:03	255	6:41	10.50	1:06:10	6:18	29	23:54	259	33:12