



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

Detailed evaluation

Jahn, Udo

Club: Weitramsdorf
Number: 184

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

Category:
Männer 40 bis 49 Jahre

Total time: 45:41

Speed: 13.13 km/h
Running performance: 4:21 min/km

Rank in course/Total: 26 (of 389)

Rank in course/Men: 25 (of 301)

Best time in course: 32:58

Rank in category: 10(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.	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	8:50	4:12	11	1:59	27	2:28	2.10	8:50	4:12	11	1:59	27	2:28
Rundenzeit	2.10	9:05	4:19	15	2:06	44	7:27	4.20	17:55	4:15	11	4:05	25	5:01
Rundenzeit	2.10	9:14	4:23	11	2:07	33	2:34	6.30	27:09	4:18	10	6:12	25	7:35
Rundenzeit	2.10	9:16	4:24	9	2:06	26	2:36	8.40	36:25	4:20	10	8:18	24	10:11
Finish	2.10	9:16	4:24	10	2:05	31	2:32	10.50	45:41	4:21	10	10:23	25	12:43