



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

Detailed evaluation

Mittelstedt, Sven

Club: TSV Alperstedt
Number: 264

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:06:31

Speed: 9.02 km/h
Running performance: 6:20 min/km

Rank in course/Total: 315 (of 389)

Rank in course/Men: 261 (of 301)

Best time in course: 32:58

Rank in category: 73(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	11:07	5:17	39	4:16	137	4:45	2.10	11:07	5:17	39	4:16	137	4:45				
Rundenzeit	2.10	10:18	4:54	32	3:19	127	8:40	4.20	21:25	5:05	35	7:35	128	8:31				
Rundenzeit	2.10	10:38	5:03	31	3:31	120	3:58	6.30	32:03	5:05	32	11:06	119	12:29				
Rundenzeit	2.10	11:33	5:30	41	4:23	163	4:53	8.40	43:36	5:11	33	15:29	134	17:22				
Finish	2.10	22:55	10:54	82	15:44	293	16:11	10.50	1:06:31	6:20	73	31:13	261	33:33				