



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Mihm, Thomas

Club: Selbstläufer
Number: 262

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:06:50

Speed: 8.98 km/h
Running performance: 6:22 min/km

Rank in course/Total: 317 (of 389)

Rank in course/Men: 262 (of 301)

Best time in course: 32:58

Rank in category: 74(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 | 12:50 | 6:06 | 63 | 5:59 | 230 | 6:28 | 2.10 | 12:50 | 6:06 | 63 | 5:59 | 230 | 6:28 |
| Rundenzeit | 2.10 | 12:42 | 6:02 | 74 | 5:43 | 259 | 11:04 | 4.20 | 25:32 | 6:04 | 72 | 11:42 | 248 | 12:38 |
| Rundenzeit | 2.10 | 13:27 | 6:24 | 76 | 6:20 | 265 | 6:47 | 6.30 | 38:59 | 6:11 | 75 | 18:02 | 260 | 19:25 |
| Rundenzeit | 2.10 | 14:05 | 6:42 | 78 | 6:55 | 272 | 7:25 | 8.40 | 53:04 | 6:19 | 76 | 24:57 | 265 | 26:50 |
| Finish | 2.10 | 13:46 | 6:33 | 70 | 6:35 | 259 | 7:02 | 10.50 | 1:06:50 | 6:21 | 74 | 31:32 | 262 | 33:52 |