



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

Detailed evaluation

Flachowsky, Andreas

Club: Bonn
Number: 106

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

Category:
Männer 30 bis 39 Jahre

Total time: 1:06:57

Speed: 8.96 km/h
Running performance: 6:23 min/km

Rank in course/Total: 319 (of 389)

Rank in course/Men: 263 (of 301)

Best time in course: 32:58

Rank in category: 64(of 68)

Best time in the category: 32:58

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	12:51	6:07	60	6:29	232	6:29	2.10	12:51	6:07	60	6:29	232	6:29
Rundenzeit	2.10	12:22	5:53	61	5:50	251	10:44	4.20	25:13	6:00	60	12:19	240	12:19
Rundenzeit	2.10	13:18	6:19	63	6:38	261	6:38	6.30	38:31	6:06	61	18:57	253	18:57
Rundenzeit	2.10	14:08	6:43	66	7:28	274	7:28	8.40	52:39	6:16	64	26:25	260	26:25
Finish	2.10	14:18	6:48	67	7:34	273	7:34	10.50	1:06:57	6:22	64	33:59	263	33:59