



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

Detailed evaluation

Bernhardt, Stefan

Club: häufigläufig  
Number: 28

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

Category:  
Männer 30 bis 39 Jahre

Total time: 1:07:19

Speed: 8.91 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 323 (of 389)

Rank in course/Men: 266 (of 301)

Best time in course: 32:58

Rank in category: 65(of 68)

Best time in the category: 32:58

Control	Intermediate times				Stage score				Total ranking					
	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	12:58	6:10	62	6:36	238	6:36	2.10	12:58	6:10	62	6:36	238	6:36
Rundenzeit	2.10	13:37	6:29	66	7:05	279	11:59	4.20	26:35	6:19	65	13:41	268	13:41
Rundenzeit	2.10	13:46	6:33	64	7:06	271	7:06	6.30	40:21	6:24	64	20:47	268	20:47
Rundenzeit	2.10	14:00	6:39	64	7:20	270	7:20	8.40	54:21	6:28	65	28:07	270	28:07
Finish	2.10	12:58	6:10	64	6:14	243	6:14	10.50	1:07:19	6:24	65	34:21	266	34:21