



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

Detailed evaluation

Windberg, Tobias

Club: Bad Kissingen
Number: 436

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

Category:
Männer 20 bis 29 Jahre

Total time: 45:44

Speed: 13.12 km/h
Running performance: 4:22 min/km

Rank in course/Total: 27 (of 389)

Rank in course/Men: 26 (of 301)

Best time in course: 32:58

Rank in category: 2(of 30)

Best time in the category: 42:16

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	10:08	4:49	7	2:15	71	3:46	2.10	10:08	4:49	7	2:15	71	3:46
Rundenzeit	2.10	9:00	4:17	4	7:22	35	7:22	4.20	19:08	4:33	6	2:52	52	6:14
Rundenzeit	2.10	8:55	4:14	2	0:05	24	2:15	6.30	28:03	4:27	4	2:57	38	8:29
Rundenzeit	2.10	9:16	4:24	2	0:28	26	2:36	8.40	37:19	4:26	3	3:25	34	11:05
Finish	2.10	8:25	4:00	2	0:03	13	1:41	10.50	45:44	4:21	2	3:28	26	12:46