



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

Detailed evaluation

Stünkel, Jörg

Club: MTV Oldendorf
Number: 385

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:07:14

Speed: 8.92 km/h
Running performance: 6:24 min/km

Rank in course/Total: 322 (of 389)

Rank in course/Men: 265 (of 301)

Best time in course: 32:58

Rank in category: 75(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	14:19	6:49	82	7:28	291	7:57	2.10	14:19	6:49	82	7:28	291	7:57				
Rundenzeit	2.10	14:03	6:41	78	7:04	285	12:25	4.20	28:22	6:45	80	14:32	290	15:28				
Rundenzeit	2.10	13:50	6:35	78	6:43	273	7:10	6.30	42:12	6:41	78	21:15	281	22:38				
Rundenzeit	2.10	13:16	6:19	71	6:06	252	6:36	8.40	55:28	6:36	78	27:21	274	29:14				
Finish	2.10	11:46	5:36	50	4:35	189	5:02	10.50	1:07:14	6:24	75	31:56	265	34:16				