



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

Detailed evaluation

Pfeufer, Frank

Club: RunningBros Coburg
Number: 298

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:08:12

Speed: 8.80 km/h
Running performance: 6:30 min/km

Rank in course/Total: 330 (of 389)

Rank in course/Men: 270 (of 301)

Best time in course: 32:58

Rank in category: 77(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	12:48	6:05	61	5:57	227	6:26	2.10	12:48	6:05	61	5:57	227	6:26
Rundenzeit	2.10	12:46	6:04	75	5:47	261	11:08	4.20	25:34	6:05	73	11:44	250	12:40
Rundenzeit	2.10	12:18	5:51	65	5:11	228	5:38	6.30	37:52	6:00	72	16:55	244	18:18
Rundenzeit	2.10	13:59	6:39	77	6:49	269	7:19	8.40	51:51	6:10	74	23:44	256	25:37
Finish	2.10	16:21	7:47	78	9:10	287	9:37	10.50	1:08:12	6:29	77	32:54	270	35:14