



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total |         | Total  |     | Total  |     | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |        |
|------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|---------|--------|-----|--------|-----|-------------|----------------|------------|---------------|--------|
|            |             |               |                 |             |                |            |               | km    | Time    | min/km | Pos | Behind | Pos |             |                |            |               | Behind |
| 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       |                |            |               |        |