



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Vitzthum, Peter

Club: OLC Svijany Jena

Number: 411

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 50 bis 59 Jahre

Total time: 45:53

Speed: 13.08 km/h

Running performance: 4:22 min/km

Rank in course/Total: 28 (of 389)

Rank in course/Men: 27 (of 301)

Best time in course: 32:58

Rank in category: 6(of 86)

Best time in the category: 42:31

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	8:57	4:15	7	0:54	30	2:35	2.10	8:57	4:15	7	0:54	30	2:35
Rundenzeit	2.10	9:10	4:21	11	0:46	50	7:32	4.20	18:07	4:18	7	1:40	29	5:13
Rundenzeit	2.10	9:14	4:23	9	0:37	33	2:34	6.30	27:21	4:20	6	2:16	26	7:47
Rundenzeit	2.10	9:21	4:27	9	0:34	31	2:41	8.40	36:42	4:22	6	2:49	26	10:28
Finish	2.10	9:11	4:22	7	0:50	27	2:27	10.50	45:53	4:22	6	3:22	27	12:55