



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Nix, Christian

Club: LFS Bonn

Number: 281

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 50 bis 59 Jahre

Total time: 1:09:02

Speed: 9.13 km/h

Running performance: 6:34 min/km

Rank in course/Total: 334 (of 389)

Rank in course/Men: 273 (of 301)

Best time in course: 32:58

Rank in category: 75(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	11:49	5:37	51	3:46	171	5:27	2.10	11:49	5:37	51	3:46	171	5:27
Rundenzeit	2.10	13:14	6:18	78	4:50	274	11:36	4.20	25:03	5:57	64	8:36	238	12:09
Rundenzeit	2.10	14:23	6:50	79	5:46	282	7:43	6.30	39:26	6:15	72	14:21	262	19:52
Rundenzeit	2.10	15:04	7:10	80	6:17	285	8:24	8.40	54:30	6:29	75	20:37	271	28:16
Finish	2.10	14:32	6:55	78	6:11	277	7:48	10.50	1:09:02	6:34	75	26:31	273	36:04