



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

Detailed evaluation

Nägler, Dirk

Club: OLC Svijany Jena
Number: 277

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

Category:
Männer 50 bis 59 Jahre

Total time: 1:09:18

Speed: 8.66 km/h
Running performance: 6:36 min/km

Rank in course/Total: 337 (of 389)

Rank in course/Men: 276 (of 301)

Best time in course: 32:58

Rank in category: 76(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	14:14	6:46	80	6:11	286	7:52	2.10	14:14	6:46	80	6:11	286	7:52
Rundenzeit	2.10	13:07	6:14	77	4:43	271	11:29	4.20	27:21	6:30	78	10:54	276	14:27
Rundenzeit	2.10	13:33	6:27	74	4:56	266	6:53	6.30	40:54	6:29	76	15:49	273	21:20
Rundenzeit	2.10	14:13	6:46	75	5:26	275	7:33	8.40	55:07	6:33	76	21:14	272	28:53
Finish	2.10	14:11	6:45	75	5:50	271	7:27	10.50	1:09:18	6:35	76	26:47	276	36:20