



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

Detailed evaluation

Boersma, Bartele

Club: Harlingen

Number: 44

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 20 bis 29 Jahre

Total time: 46:14

Speed: 12.98 km/h

Running performance: 4:24 min/km

Rank in course/Total: 29 (of 389)

Rank in course/Men: 28 (of 301)

Best time in course: 32:58

Rank in category: 3(of 30)

Best time in the category: 42:16

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	9:22	4:27	4	1:29	34	3:00	2.10	9:22	4:27	4	1:29	34	3:00
Rundenzeit	2.10	8:40	4:07	3	7:02	24	7:02	4.20	18:02	4:17	2	1:46	28	5:08
Rundenzeit	2.10	9:04	4:19	3	0:14	25	2:24	6.30	27:06	4:18	2	2:00	24	7:32
Rundenzeit	2.10	9:39	4:35	4	0:51	42	2:59	8.40	36:45	4:22	2	2:51	27	10:31
Finish	2.10	9:29	4:30	5	1:07	37	2:45	10.50	46:14	4:24	3	3:58	28	13:16