



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Zollner, Norman

Club: SV Glückauf Sondershausen
Number: 453

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

Category:
Männer 40 bis 49 Jahre

Total time: 46:19

Speed: 12.95 km/h
Running performance: 4:25 min/km

Rank in course/Total: 30 (of 389)

Rank in course/Men: 29 (of 301)

Best time in course: 32:58

Rank in category: 11(of 83)

Best time in the category: 35:18

Control	Intermediate times				Stage score				Total ranking					
	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	7:18	3:28	3	0:27	6	0:56	2.10	7:18	3:28	3	0:27	6	0:56
Rundenzeit	2.10	7:28	3:33	3	0:29	7	5:50	4.20	14:46	3:30	3	0:56	6	1:52
Rundenzeit	2.10	7:38	3:38	3	0:31	6	0:58	6.30	22:24	3:33	3	1:27	6	2:50
Rundenzeit	2.10	7:56	3:46	5	0:46	9	1:16	8.40	30:20	3:36	3	2:13	6	4:06
Finish	2.10	15:59	7:36	76	8:48	285	9:15	10.50	46:19	4:24	11	11:01	29	13:21