



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

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 | 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 |