



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

Detailed evaluation

Schröder, Dirk

Club: Turnerschaft Bielefeld v. 1878 e.V.
Number: 354

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:12:33

Speed: 8.27 km/h
Running performance: 6:55 min/km

Rank in course/Total: 353 (of 389)

Rank in course/Men: 284 (of 301)

Best time in course: 32:58

Rank in category: 78(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	14:02	6:40	79	7:11	276	7:40	2.10	14:02	6:40	79	7:11	276	7:40
Rundenzeit	2.10	14:05	6:42	79	7:06	286	12:27	4.20	28:07	6:41	78	14:17	285	15:13
Rundenzeit	2.10	14:51	7:04	80	7:44	288	8:11	6.30	42:58	6:49	79	22:01	286	23:24
Rundenzeit	2.10	15:01	7:09	79	7:51	283	8:21	8.40	57:59	6:54	79	29:52	285	31:45
Finish	2.10	14:34	6:56	74	7:23	279	7:50	10.50	1:12:33	6:54	78	37:15	284	39:35