



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Eggert, Andreas

Club: SG Stern Hamburg
Number: 91

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:14:43

Speed: 8.03 km/h
Running performance: 7:07 min/km

Rank in course/Total: 364 (of 389)

Rank in course/Men: 288 (of 301)

Best time in course: 32:58

Rank in category: 79(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	14:12	6:45	81	7:21	285	7:50	2.10	14:12	6:45	81	7:21	285	7:50
Rundenzeit	2.10	14:45	7:01	81	7:46	294	13:07	4.20	28:57	6:53	81	15:07	292	16:03
Rundenzeit	2.10	14:49	7:03	79	7:42	287	8:09	6.30	43:46	6:56	81	22:49	288	24:12
Rundenzeit	2.10	15:31	7:23	80	8:21	289	8:51	8.40	59:17	7:03	81	31:10	289	33:03
Finish	2.10	15:26	7:20	75	8:15	283	8:42	10.50	1:14:43	7:06	79	39:25	288	41:45