



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

Detailed evaluation

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Club: BSG Commerzbank Hannover
Number: 294

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

Category:
Männer 40 bis 49 Jahre

Total time: 1:15:10

Speed: 7.98 km/h
Running performance: 7:10 min/km

Rank in course/Total: 365 (of 389)

Rank in course/Men: 289 (of 301)

Best time in course: 32:58

Rank in category: 80(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	14:10	6:44	80	7:19	283	7:48	2.10	14:10	6:44	80	7:19	283	7:48
Rundenzeit	2.10	14:05	6:42	79	7:06	286	12:27	4.20	28:15	6:43	79	14:25	287	15:21
Rundenzeit	2.10	15:06	7:11	81	7:59	290	8:26	6.30	43:21	6:52	80	22:24	287	23:47
Rundenzeit	2.10	15:42	7:28	81	8:32	290	9:02	8.40	59:03	7:01	80	30:56	286	32:49
Finish	2.10	16:07	7:40	77	8:56	286	9:23	10.50	1:15:10	7:09	80	39:52	289	42:12