



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

Detailed evaluation

Ulbrich, Christian

Club: BSG Commerzbank Hannover  
Number: 405

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

Category:  
Männer 40 bis 49 Jahre

Total time: 1:23:36

Speed: 7.18 km/h  
Running performance: 7:58 min/km

Rank in course/Total: 375 (of 389)

Rank in course/Men: 293 (of 301)

Best time in course: 32:58

Rank in category: 82(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	13:50	6:35	75	6:59	269	7:28	2.10	13:50	6:35	75	6:59	269	7:28
Rundenzeit	2.10	15:18	7:17	82	8:19	296	13:40	4.20	29:08	6:56	82	15:18	293	16:14
Rundenzeit	2.10	17:16	8:13	83	10:09	294	10:36	6.30	46:24	7:21	82	25:27	293	26:50
Rundenzeit	2.10	17:58	8:33	83	10:48	293	11:18	8.40	1:04:22	7:39	83	36:15	294	38:08
Finish	2.10	19:14	9:09	80	12:03	291	12:30	10.50	1:23:36	7:57	82	48:18	293	50:38