



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

Detailed evaluation

Knoche, Nico

Club: MT Melsungen
Number: 199

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

Category:
Männer 30 bis 39 Jahre

Total time: 46:20

Speed: 12.95 km/h
Running performance: 4:25 min/km

Rank in course/Total: 31 (of 389)

Rank in course/Men: 30 (of 301)

Best time in course: 32:58

Rank in category: 9(of 68)

Best time in the category: 32:58

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	10:33	5:01	28	4:11	96	4:11	2.10	10:33	5:01	28	4:11	96	4:11
Rundenzeit	2.10	9:00	4:17	12	2:28	35	7:22	4.20	19:33	4:39	23	6:39	70	6:39
Rundenzeit	2.10	8:54	4:14	8	2:14	21	2:14	6.30	28:27	4:30	15	8:53	49	8:53
Rundenzeit	2.10	8:53	4:13	8	2:13	20	2:13	8.40	37:20	4:26	9	11:06	35	11:06
Finish	2.10	9:00	4:17	8	2:16	21	2:16	10.50	46:20	4:24	9	13:22	30	13:22