



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 |