



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

Detailed evaluation

Bergmeier, Tino

Club: Bünde
Number: 27

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

Category:
Männer 30 bis 39 Jahre

Total time: 46:48

Speed: 12.82 km/h
Running performance: 4:28 min/km

Rank in course/Total: 39 (of 389)

Rank in course/Men: 36 (of 301)

Best time in course: 32:58

Rank in category: 10(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	9:27	4:29	12	3:05	41	3:05	2.10	9:27	4:29	12	3:05	41	3:05
Rundenzeit	2.10	9:08	4:20	16	2:36	48	7:30	4.20	18:35	4:25	11	5:41	40	5:41
Rundenzeit	2.10	9:31	4:31	13	2:51	45	2:51	6.30	28:06	4:27	11	8:32	41	8:32
Rundenzeit	2.10	9:29	4:30	11	2:49	36	2:49	8.40	37:35	4:28	11	11:21	39	11:21
Finish	2.10	9:13	4:23	10	2:29	28	2:29	10.50	46:48	4:27	10	13:50	36	13:50