



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

Detailed evaluation

Janke, Steffen

Club: LAC Langenhagen
Number: 185

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

Category:
Männer 50 bis 59 Jahre

Total time: 46:34

Speed: 12.88 km/h
Running performance: 4:26 min/km

Rank in course/Total: 36 (of 389)

Rank in course/Men: 33 (of 301)

Best time in course: 32:58

Rank in category: 8(of 86)

Best time in the category: 42:31

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	10:17	4:53	21	2:14	74	3:55	2.10	10:17	4:53	21	2:14	74	3:55
Rundenzeit	2.10	8:53	4:13	6	0:29	28	7:15	4.20	19:10	4:33	14	2:43	55	6:16
Rundenzeit	2.10	9:09	4:21	5	0:32	28	2:29	6.30	28:19	4:29	12	3:14	47	8:45
Rundenzeit	2.10	9:08	4:20	4	0:21	21	2:28	8.40	37:27	4:27	10	3:34	38	11:13
Finish	2.10	9:07	4:20	6	0:46	26	2:23	10.50	46:34	4:26	8	4:03	33	13:36