



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Wagner, Heiko

Club: SSV-MG-Ahlsdorf
Number: 419

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

Category:
Männer 50 bis 59 Jahre

Total time: 46:57

Speed: 12.78 km/h
Running performance: 4:28 min/km

Rank in course/Total: 41 (of 389)

Rank in course/Men: 38 (of 301)

Best time in course: 32:58

Rank in category: 9(of 86)

Best time in the category: 42:31

| Control | Intermediate times | | | | | Stage score | | | | Total ranking | | | | | |
|------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|------------|---------------|----------|-------------|---------|------------|--|
| | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
| Rundenzeit | 2.10 | 9:28 | 4:30 | 8 | 1:25 | 45 | 3:06 | 2.10 | 9:28 | 4:30 | 8 | 1:25 | 45 | 3:06 | |
| Rundenzeit | 2.10 | 9:04 | 4:19 | 10 | 0:40 | 43 | 7:26 | 4.20 | 18:32 | 4:24 | 8 | 2:05 | 38 | 5:38 | |
| Rundenzeit | 2.10 | 9:17 | 4:25 | 10 | 0:40 | 36 | 2:37 | 6.30 | 27:49 | 4:24 | 8 | 2:44 | 33 | 8:15 | |
| Rundenzeit | 2.10 | 9:29 | 4:30 | 10 | 0:42 | 36 | 2:49 | 8.40 | 37:18 | 4:26 | 8 | 3:25 | 33 | 11:04 | |
| Finish | 2.10 | 9:39 | 4:35 | 13 | 1:18 | 48 | 2:55 | 10.50 | 46:57 | 4:28 | 9 | 4:26 | 38 | 13:59 | |