



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

Detailed evaluation

Uhde, Maik

Club: SV Fortuna Dingelstedt
Number: 404

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

Category:
Männer 40 bis 49 Jahre

Total time: 46:46

Speed: 12.83 km/h
Running performance: 4:27 min/km

Rank in course/Total: 37 (of 389)

Rank in course/Men: 34 (of 301)

Best time in course: 32:58

Rank in category: 13(of 83)

Best time in the category: 35:18

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	8:48	4:11	10	1:57	26	2:26	2.10	8:48	4:11	10	1:57	26	2:26
Rundenzeit	2.10	9:06	4:19	16	2:07	46	7:28	4.20	17:54	4:15	10	4:04	24	5:00
Rundenzeit	2.10	9:33	4:32	17	2:26	50	2:53	6.30	27:27	4:21	11	6:30	27	7:53
Rundenzeit	2.10	9:48	4:40	15	2:38	46	3:08	8.40	37:15	4:26	13	9:08	31	11:01
Finish	2.10	9:31	4:31	11	2:20	39	2:47	10.50	46:46	4:27	13	11:28	34	13:48