



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Schröder, Dirk

Club: ARGE Höhle und Karst Stuttgart
Number: 353

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

Category:
Männer 50 bis 59 Jahre

Total time: 47:07

Speed: 12.73 km/h
Running performance: 4:29 min/km

Rank in course/Total: 42 (of 389)

Rank in course/Men: 39 (of 301)

Best time in course: 32:58

Rank in category: 10(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Rundenzeit	2.10	10:30	5:00	27	2:27	92	4:08	2.10	10:30	5:00	27	2:27	92	4:08				
Rundenzeit	2.10	8:58	4:16	8	0:34	32	7:20	4.20	19:28	4:38	18	3:01	66	6:34				
Rundenzeit	2.10	9:09	4:21	5	0:32	28	2:29	6.30	28:37	4:32	13	3:32	52	9:03				
Rundenzeit	2.10	9:13	4:23	6	0:26	24	2:33	8.40	37:50	4:30	12	3:57	45	11:36				
Finish	2.10	9:17	4:25	8	0:56	32	2:33	10.50	47:07	4:29	10	4:36	39	14:09				