



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

Detailed evaluation

Harms, Bert

Club: LG Brunsberg
Number: 148

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

Category:
Männer 40 bis 49 Jahre

Total time: 46:47

Speed: 12.83 km/h
Running performance: 4:28 min/km

Rank in course/Total: 38 (of 389)

Rank in course/Men: 35 (of 301)

Best time in course: 32:58

Rank in category: 14(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	9:20	4:26	13	2:29	33	2:58	2.10	9:20	4:26	13	2:29	33	2:58
Rundenzeit	2.10	9:02	4:18	12	2:03	38	7:24	4.20	18:22	4:22	13	4:32	33	5:28
Rundenzeit	2.10	9:28	4:30	13	2:21	41	2:48	6.30	27:50	4:25	15	6:53	34	8:16
Rundenzeit	2.10	9:26	4:29	13	2:16	35	2:46	8.40	37:16	4:26	14	9:09	32	11:02
Finish	2.10	9:31	4:31	11	2:20	39	2:47	10.50	46:47	4:27	14	11:29	35	13:49