



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

Detailed evaluation

Bergmann, Kai

Club: Chemnitz
Number: 25

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

Category:
Männer 30 bis 39 Jahre

Total time: 47:15

Speed: 12.70 km/h
Running performance: 4:30 min/km

Rank in course/Total: 43 (of 389)

Rank in course/Men: 40 (of 301)

Best time in course: 32:58

Rank in category: 12(of 68)

Best time in the category: 32:58

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	10:15	4:52	21	3:53	73	3:53	2.10	10:15	4:52	21	3:53	73	3:53	
Rundenzeit	2.10	8:53	4:13	10	2:21	28	7:15	4.20	19:08	4:33	16	6:14	52	6:14	
Rundenzeit	2.10	9:05	4:19	9	2:25	26	2:25	6.30	28:13	4:28	14	8:39	45	8:39	
Rundenzeit	2.10	9:32	4:32	12	2:52	38	2:52	8.40	37:45	4:29	12	11:31	42	11:31	
Finish	2.10	9:30	4:31	13	2:46	38	2:46	10.50	47:15	4:30	12	14:17	40	14:17	