



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

Detailed evaluation

Steffen, Thomas

Club: TTU Köln
Number: 376

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

Category:
Männer 50 bis 59 Jahre

Total time: 47:27

Speed: 12.64 km/h
Running performance: 4:31 min/km

Rank in course/Total: 44 (of 389)

Rank in course/Men: 41 (of 301)

Best time in course: 32:58

Rank in category: 11(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.	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	9:29	4:30	10	1:26	47	3:07	2.10	9:29	4:30	10	1:26	47	3:07
Rundenzeit	2.10	9:17	4:25	13	0:53	58	7:39	4.20	18:46	4:28	9	2:19	42	5:52
Rundenzeit	2.10	9:30	4:31	12	0:53	43	2:50	6.30	28:16	4:29	11	3:11	46	8:42
Rundenzeit	2.10	9:33	4:32	11	0:46	39	2:53	8.40	37:49	4:30	11	3:56	43	11:35
Finish	2.10	9:38	4:35	12	1:17	47	2:54	10.50	47:27	4:31	11	4:56	41	14:29