



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

Detailed evaluation

Kruse, Mike

Club: LG Brunsberg  
Number: 215

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

Category:  
Männer 40 bis 49 Jahre

Total time: 47:39

Speed: 12.59 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 47 (of 389)

Rank in course/Men: 44 (of 301)

Best time in course: 32:58

Rank in category: 16(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	9:14	4:23	12	2:23	31	2:52	2.10	9:14	4:23	12	2:23	31	2:52
Rundenzeit	2.10	9:03	4:18	14	2:04	41	7:25	4.20	18:17	4:21	12	4:27	31	5:23
Rundenzeit	2.10	9:31	4:31	16	2:24	45	2:51	6.30	27:48	4:24	14	6:51	32	8:14
Rundenzeit	2.10	9:50	4:40	16	2:40	49	3:10	8.40	37:38	4:28	15	9:31	40	11:24
Finish	2.10	10:01	4:46	19	2:50	67	3:17	10.50	47:39	4:32	16	12:21	44	14:41