



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Warlich, Jens

Club: TV Germania Wiedelah
Number: 421

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

Category:
Männer 50 bis 59 Jahre

Total time: 47:45

Speed: 12.57 km/h
Running performance: 4:33 min/km

Rank in course/Total: 48 (of 389)

Rank in course/Men: 45 (of 301)

Best time in course: 32:58

Rank in category: 12(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	9:50	4:40	15	1:47	58	3:28	2.10	9:50	4:40	15	1:47	58	3:28
Rundenzeit	2.10	8:57	4:15	7	0:33	30	7:19	4.20	18:47	4:28	10	2:20	43	5:53
Rundenzeit	2.10	9:18	4:25	11	0:41	37	2:38	6.30	28:05	4:27	9	3:00	40	8:31
Rundenzeit	2.10	9:48	4:40	13	1:01	46	3:08	8.40	37:53	4:30	13	4:00	46	11:39
Finish	2.10	9:52	4:41	15	1:31	60	3:08	10.50	47:45	4:32	12	5:14	45	14:47