



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Knoche, Julius

Club: MT Melsungen
Number: 198

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

Category:
Männer 30 bis 39 Jahre

Total time: 47:46

Speed: 12.56 km/h
Running performance: 4:33 min/km

Rank in course/Total: 49 (of 389)

Rank in course/Men: 46 (of 301)

Best time in course: 32:58

Rank in category: 14(of 68)

Best time in the category: 32:58

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	9:31	4:31	15	3:09	49	3:09	2.10	9:31	4:31	15	3:09	49	3:09
Rundenzeit	2.10	8:57	4:15	11	2:25	30	7:19	4.20	18:28	4:23	10	5:34	37	5:34
Rundenzeit	2.10	9:38	4:35	19	2:58	55	2:58	6.30	28:06	4:27	11	8:32	41	8:32
Rundenzeit	2.10	9:43	4:37	14	3:03	44	3:03	8.40	37:49	4:30	13	11:35	43	11:35
Finish	2.10	9:57	4:44	21	3:13	63	3:13	10.50	47:46	4:32	14	14:48	46	14:48