



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

Detailed evaluation

Greulich, Michael

Club: DAV Sektion Potsdam
Number: 133

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

Category:
Männer 50 bis 59 Jahre

Total time: 48:12

Speed: 12.45 km/h
Running performance: 4:35 min/km

Rank in course/Total: 51 (of 389)

Rank in course/Men: 48 (of 301)

Best time in course: 32:58

Rank in category: 13(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	9:37	4:34	12	1:34	51	3:15	2.10	9:37	4:34	12	1:34	51	3:15
Rundenzeit	2.10	9:27	4:29	17	1:03	69	7:49	4.20	19:04	4:32	13	2:37	51	6:10
Rundenzeit	2.10	9:42	4:37	15	1:05	60	3:02	6.30	28:46	4:33	14	3:41	55	9:12
Rundenzeit	2.10	9:52	4:41	14	1:05	51	3:12	8.40	38:38	4:35	14	4:45	53	12:24
Finish	2.10	9:34	4:33	10	1:13	43	2:50	10.50	48:12	4:35	13	5:41	48	15:14