



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

Detailed evaluation

Beinarowitz, Sascha

Club: HäufigLäufig
Number: 22

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

Category:
Männer 20 bis 29 Jahre

Total time: 48:22

Speed: 12.41 km/h
Running performance: 4:37 min/km

Rank in course/Total: 53 (of 389)

Rank in course/Men: 50 (of 301)

Best time in course: 32:58

Rank in category: 5(of 30)

Best time in the category: 42:16

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	8:51	4:12	2	0:58	28	2:29	2.10	8:51	4:12	2	0:58	28	2:29
Rundenzeit	2.10	9:22	4:27	9	7:44	63	7:44	4.20	18:13	4:20	3	1:57	30	5:19
Rundenzeit	2.10	9:43	4:37	8	0:53	61	3:03	6.30	27:56	4:26	3	2:50	36	8:22
Rundenzeit	2.10	10:19	4:54	9	1:31	77	3:39	8.40	38:15	4:33	4	4:21	48	12:01
Finish	2.10	10:07	4:49	14	1:45	78	3:23	10.50	48:22	4:36	5	6:06	50	15:24