



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Kriehoff, Marcel

Club: SC Impuls erfurt
Number: 455

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

Category:
Männer 30 bis 39 Jahre

Total time: 32:58

Speed: 18.20 km/h
Running performance: 3:08 min/km

Rank in course/Total: 1 (of 389)

Rank in course/Men: 1 (of 301)

Best time in course: 32:58

Rank in category: 1(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	6:22	3:01	1	-	1	-	2.10	6:22	3:01	1	-	1	-
Rundenzeit	2.10	6:32	3:06	1	-	2	4:54	4.20	12:54	3:04	1	-	1	-
Rundenzeit	2.10	6:40	3:10	1	-	1	-	6.30	19:34	3:06	1	-	1	-
Rundenzeit	2.10	6:40	3:10	1	-	1	-	8.40	26:14	3:07	1	-	1	-
Finish	2.10	6:44	3:12	1	-	1	-	10.50	32:58	3:08	1	-	1	-