



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

Detailed evaluation

Kopp, Olaf

Club: Chemnitz
Number: 207

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

Category:
Männer 30 bis 39 Jahre

Total time: 48:24

Speed: 12.40 km/h
Running performance: 4:37 min/km

Rank in course/Total: 54 (of 389)

Rank in course/Men: 51 (of 301)

Best time in course: 32:58

Rank in category: 16(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	9:50	4:40	17	3:28	58	3:28	2.10	9:50	4:40	17	3:28	58	3:28
Rundenzeit	2.10	9:26	4:29	23	2:54	67	7:48	4.20	19:16	4:35	18	6:22	57	6:22
Rundenzeit	2.10	9:31	4:31	13	2:51	45	2:51	6.30	28:47	4:34	18	9:13	56	9:13
Rundenzeit	2.10	10:03	4:47	20	3:23	59	3:23	8.40	38:50	4:37	18	12:36	57	12:36
Finish	2.10	9:34	4:33	15	2:50	43	2:50	10.50	48:24	4:36	16	15:26	51	15:26