



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Exner, Stephan

Club: Erfurt
Number: 100

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

Category:
Männer 30 bis 39 Jahre

Total time: 48:36

Speed: 12.96 km/h
Running performance: 4:38 min/km

Rank in course/Total: 57 (of 389)

Rank in course/Men: 52 (of 301)

Best time in course: 32:58

Rank in category: 17(of 68)

Best time in the category: 32:58

Intermediate times

Stage score

Total ranking

Control	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	10:26	4:58	25	4:04	84	4:04	2.10	10:26	4:58	25	4:04	84	4:04
Rundenzeit	2.10	8:46	4:10	9	2:14	27	7:08	4.20	19:12	4:34	17	6:18	56	6:18
Rundenzeit	2.10	9:15	4:24	11	2:35	35	2:35	6.30	28:27	4:30	15	8:53	49	8:53
Rundenzeit	2.10	10:07	4:49	21	3:27	64	3:27	8.40	38:34	4:35	16	12:20	51	12:20
Finish	2.10	10:02	4:46	24	3:18	70	3:18	10.50	48:36	4:37	17	15:38	52	15:38