



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

Detailed evaluation

Kunze, Markus

Club: Goslar
Number: 223

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

Category:
Männer 40 bis 49 Jahre

Total time: 48:37

Speed: 12.34 km/h
Running performance: 4:38 min/km

Rank in course/Total: 58 (of 389)

Rank in course/Men: 53 (of 301)

Best time in course: 32:58

Rank in category: 17(of 83)

Best time in the category: 35:18

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	10:00	4:45	22	3:09	65	3:38	2.10	10:00	4:45	22	3:09	65	3:38
Rundenzeit	2.10	9:30	4:31	19	2:31	72	7:52	4.20	19:30	4:38	20	5:40	67	6:36
Rundenzeit	2.10	9:45	4:38	18	2:38	62	3:05	6.30	29:15	4:38	20	8:18	63	9:41
Rundenzeit	2.10	9:51	4:41	17	2:41	50	3:11	8.40	39:06	4:39	18	10:59	60	12:52
Finish	2.10	9:31	4:31	11	2:20	39	2:47	10.50	48:37	4:37	17	13:19	53	15:39