



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

Detailed evaluation

Püschel, Silvio

Club: Hetzdorfer SV 1990
Number: 304

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

Category:
Männer 30 bis 39 Jahre

Total time: 48:47

Speed: 12.30 km/h
Running performance: 4:39 min/km

Rank in course/Total: 60 (of 389)

Rank in course/Men: 55 (of 301)

Best time in course: 32:58

Rank in category: 18(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.	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	10:52	5:10	33	4:30	121	4:30	2.10	10:52	5:10	33	4:30	121	4:30
Rundenzeit	2.10	9:14	4:23	19	2:42	56	7:36	4.20	20:06	4:47	26	7:12	81	7:12
Rundenzeit	2.10	9:21	4:27	12	2:41	39	2:41	6.30	29:27	4:40	23	9:53	71	9:53
Rundenzeit	2.10	9:36	4:34	13	2:56	41	2:56	8.40	39:03	4:38	19	12:49	58	12:49
Finish	2.10	9:44	4:38	18	3:00	51	3:00	10.50	48:47	4:38	18	15:49	55	15:49