



# 19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

## Detailed evaluation

**Brockwitz, Sönke**

Club: SV Aegir 09 Hannover  
Number: 54

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

Category:  
Männer 20 bis 29 Jahre

Total time: 48:45

Speed: 12.31 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 59 (of 389)

Rank in course/Men: 54 (of 301)

Best time in course: 32:58

Rank in category: 6(of 30)

Best time in the category: 42:16

### 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	8:54	4:14	3	1:01	29	2:32	2.10	8:54	4:14	3	1:01	29	2:32
Rundenzeit	2.10	9:26	4:29	11	7:48	67	7:48	4.20	18:20	4:21	4	2:04	32	5:26
Rundenzeit	2.10	10:00	4:45	11	1:10	76	3:20	6.30	28:20	4:29	5	3:14	48	8:46
Rundenzeit	2.10	10:23	4:56	10	1:35	82	3:43	8.40	38:43	4:36	6	4:49	54	12:29
Finish	2.10	10:02	4:46	10	1:40	70	3:18	10.50	48:45	4:38	6	6:29	54	15:47