



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Gomell, Chris

Club: Jail

Number: 130

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 30 bis 39 Jahre

Total time: 48:48

Speed: 12.91 km/h

Running performance: 4:39 min/km

Rank in course/Total: 61 (of 389)

Rank in course/Men: 56 (of 301)

Best time in course: 32:58

Rank in category: 19(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	8:42	4:08	8	2:20	24	2:20	2.10	8:42	4:08	8	2:20	24	2:20
Rundenzeit	2.10	9:14	4:23	19	2:42	56	7:36	4.20	17:56	4:16	8	5:02	26	5:02
Rundenzeit	2.10	9:54	4:42	22	3:14	65	3:14	6.30	27:50	4:25	9	8:16	34	8:16
Rundenzeit	2.10	10:35	5:02	32	3:55	98	3:55	8.40	38:25	4:34	15	12:11	50	12:11
Finish	2.10	10:23	4:56	31	3:39	97	3:39	10.50	48:48	4:38	19	15:50	56	15:50