



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

Detailed evaluation

Vogler, Janek

Club: Bielefeld
Number: 412

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

Category:
Männer 40 bis 49 Jahre

Total time: 48:51

Speed: 12.28 km/h
Running performance: 4:39 min/km

Rank in course/Total: 62 (of 389)

Rank in course/Men: 57 (of 301)

Best time in course: 32:58

Rank in category: 18(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	10:35	5:02	27	3:44	101	4:13	2.10	10:35	5:02	27	3:44	101	4:13
Rundenzeit	2.10	8:59	4:16	11	2:00	34	7:21	4.20	19:34	4:39	21	5:44	71	6:40
Rundenzeit	2.10	9:30	4:31	15	2:23	43	2:50	6.30	29:04	4:36	18	8:07	60	9:30
Rundenzeit	2.10	10:03	4:47	18	2:53	59	3:23	8.40	39:07	4:39	19	11:00	61	12:53
Finish	2.10	9:44	4:38	14	2:33	51	3:00	10.50	48:51	4:39	18	13:33	57	15:53