



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

Detailed evaluation

Beltz, Michael

Club: Mühlhäuser Laufwölfe
Number: 23

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

Category:
Männer 20 bis 29 Jahre

Total time: 49:05

Speed: 12.22 km/h
Running performance: 4:40 min/km

Rank in course/Total: 64 (of 389)

Rank in course/Men: 59 (of 301)

Best time in course: 32:58

Rank in category: 7(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	9:59	4:45	5	2:06	64	3:37	2.10	9:59	4:45	5	2:06	64	3:37
Rundenzeit	2.10	9:03	4:18	5	7:25	41	7:25	4.20	19:02	4:31	5	2:46	50	6:08
Rundenzeit	2.10	9:38	4:35	6	0:48	55	2:58	6.30	28:40	4:33	6	3:34	53	9:06
Rundenzeit	2.10	10:04	4:47	6	1:16	61	3:24	8.40	38:44	4:36	7	4:50	55	12:30
Finish	2.10	10:21	4:55	17	1:59	95	3:37	10.50	49:05	4:40	7	6:49	59	16:07