



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

Detailed evaluation

Düren, Richard

Club: Braunschweig
Number: 86

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

Category:
Männer 20 bis 29 Jahre

Total time: 49:07

Speed: 12.22 km/h
Running performance: 4:41 min/km

Rank in course/Total: 65 (of 389)

Rank in course/Men: 60 (of 301)

Best time in course: 32:58

Rank in category: 8(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	10:34	5:01	12	2:41	100	4:12	2.10	10:34	5:01	12	2:41	100	4:12
Rundenzeit	2.10	9:13	4:23	7	7:35	54	7:35	4.20	19:47	4:42	10	3:31	76	6:53
Rundenzeit	2.10	9:37	4:34	5	0:47	54	2:57	6.30	29:24	4:39	8	4:18	67	9:50
Rundenzeit	2.10	9:59	4:45	5	1:11	57	3:19	8.40	39:23	4:41	8	5:29	63	13:09
Finish	2.10	9:44	4:38	7	1:22	51	3:00	10.50	49:07	4:40	8	6:51	60	16:09