



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

Detailed evaluation

Kühnpast, Frank

Club: Saalfelder LV  
Number: 221

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

Category:  
Männer 50 bis 59 Jahre

Total time: 49:09

Speed: 12.21 km/h  
Running performance: 4:41 min/km

Rank in course/Total: 66 (of 389)

Rank in course/Men: 61 (of 301)

Best time in course: 32:58

Rank in category: 14(of 86)

Best time in the category: 42:31

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	10:05	4:48	17	2:02	68	3:43	2.10	10:05	4:48	17	2:02	68	3:43
Rundenzeit	2.10	9:19	4:26	14	0:55	61	7:41	4.20	19:24	4:37	17	2:57	64	6:30
Rundenzeit	2.10	9:38	4:35	14	1:01	55	2:58	6.30	29:02	4:36	15	3:57	58	9:28
Rundenzeit	2.10	10:01	4:46	16	1:14	58	3:21	8.40	39:03	4:38	15	5:10	58	12:49
Finish	2.10	10:06	4:48	19	1:45	77	3:22	10.50	49:09	4:40	14	6:38	61	16:11