



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Heller, Sebastian

Club: Göttingen

Number: 158

Course: 10.50 km

10 km (680 m unter der Erdoberfläche)

Category:

Männer 20 bis 29 Jahre

Total time: 49:34

Speed: 12.10 km/h

Running performance: 4:43 min/km

Rank in course/Total: 69 (of 389)

Rank in course/Men: 63 (of 301)

Best time in course: 32:58

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	2.10	10:29	4:59	11	2:36	90	4:07	2.10	10:29	4:59	11	2:36	90	4:07
Rundenzeit	2.10	9:17	4:25	8	7:39	58	7:39	4.20	19:46	4:42	9	3:30	75	6:52
Rundenzeit	2.10	9:40	4:36	7	0:50	58	3:00	6.30	29:26	4:40	9	4:20	68	9:52
Rundenzeit	2.10	10:14	4:52	8	1:26	75	3:34	8.40	39:40	4:43	9	5:46	67	13:26
Finish	2.10	9:54	4:42	9	1:32	62	3:10	10.50	49:34	4:43	9	7:18	63	16:36