



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

Detailed evaluation

Kurfürst, André

Club: Berlin
Number: 224

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

Category:
Männer 30 bis 39 Jahre

Total time: 49:35

Speed: 12.71 km/h
Running performance: 4:43 min/km

Rank in course/Total: 70 (of 389)

Rank in course/Men: 64 (of 301)

Best time in course: 32:58

Rank in category: 20(of 68)

Best time in the category: 32:58

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|------------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | 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 | 10:27 | 4:58 | 26 | 4:05 | 85 | 4:05 | 2.10 | 10:27 | 4:58 | 26 | 4:05 | 85 | 4:05 |
| Rundenzeit | 2.10 | 9:30 | 4:31 | 25 | 2:58 | 72 | 7:52 | 4.20 | 19:57 | 4:45 | 24 | 7:03 | 79 | 7:03 |
| Rundenzeit | 2.10 | 9:53 | 4:42 | 21 | 3:13 | 64 | 3:13 | 6.30 | 29:50 | 4:44 | 24 | 10:16 | 74 | 10:16 |
| Rundenzeit | 2.10 | 9:54 | 4:42 | 16 | 3:14 | 52 | 3:14 | 8.40 | 39:44 | 4:43 | 22 | 13:30 | 69 | 13:30 |
| Finish | 2.10 | 9:51 | 4:41 | 20 | 3:07 | 58 | 3:07 | 10.50 | 49:35 | 4:43 | 20 | 16:37 | 64 | 16:37 |