



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: 12.10 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

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	10:27	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