



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

Detailed evaluation

Müller, Michael

Club: SV Glückauf Sondershausen
Number: 274

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

Category:
Männer 30 bis 39 Jahre

Total time: 35:25

Speed: 16.94 km/h
Running performance: 3:22 min/km

Rank in course/Total: 3 (of 389)

Rank in course/Men: 3 (of 301)

Best time in course: 32:58

Rank in category: 2(of 68)

Best time in the category: 32:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Rundenzeit	2.10	7:01	3:20	3	5	0:39	0:39	2.10	7:01	3:20	3	5	0:39	0:39
Rundenzeit	2.10	6:58	3:19	2	3	0:26	5:20	4.20	13:59	3:19	3	4	1:05	1:05
Rundenzeit	2.10	7:12	3:25	2	3	0:32	0:32	6.30	21:11	3:21	2	3	1:37	1:37
Rundenzeit	2.10	7:09	3:24	2	2	0:29	0:29	8.40	28:20	3:22	2	3	2:06	2:06
Finish	2.10	7:05	3:22	2	2	0:21	0:21	10.50	35:25	3:22	2	3	2:27	2:27