



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Reuther, Vincent

Club: Lauf Forrest, lauf!
Number: 313

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

Category:
Männer 30 bis 39 Jahre

Total time: 49:54

Speed: 12.02 km/h
Running performance: 4:45 min/km

Rank in course/Total: 75 (of 389)

Rank in course/Men: 67 (of 301)

Best time in course: 32:58

Rank in category: 23(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	11:20	5:23	41	4:58	148	4:58	2.10	11:20	5:23	41	4:58	148	4:58
Rundenzeit	2.10	9:36	4:34	27	3:04	80	7:58	4.20	20:56	4:59	33	8:02	111	8:02
Rundenzeit	2.10	9:55	4:43	24	3:15	68	3:15	6.30	30:51	4:53	30	11:17	93	11:17
Rundenzeit	2.10	9:57	4:44	18	3:17	55	3:17	8.40	40:48	4:51	27	14:34	81	14:34
Finish	2.10	9:06	4:19	9	2:22	24	2:22	10.50	49:54	4:45	23	16:56	67	16:56