



19. Sondershäuser Kristall-Lauf

Brügman-Schacht Sondershausen / 22.10.2016

Detailed evaluation

Nowak, René

Club: Bad Liebenzell
Number: 284

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

Category:
Männer 30 bis 39 Jahre

Total time: 49:56

Speed: 12.02 km/h
Running performance: 4:46 min/km

Rank in course/Total: 76 (of 389)

Rank in course/Men: 68 (of 301)

Best time in course: 32:58

Rank in category: 24(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	10:20	4:55	22	3:58	77	3:58	2.10	10:20	4:55	22	3:58	77	3:58
Rundenzeit	2.10	9:12	4:22	17	2:40	51	7:34	4.20	19:32	4:39	22	6:38	68	6:38
Rundenzeit	2.10	9:54	4:42	22	3:14	65	3:14	6.30	29:26	4:40	22	9:52	68	9:52
Rundenzeit	2.10	10:29	4:59	30	3:49	88	3:49	8.40	39:55	4:45	23	13:41	70	13:41
Finish	2.10	10:01	4:46	22	3:17	67	3:17	10.50	49:56	4:45	24	16:58	68	16:58