



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

Detailed evaluation

Brückner, Lars

Club: Chemnitz
Number: 56

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

Category:
Männer 40 bis 49 Jahre

Total time: 50:08

Speed: 11.97 km/h
Running performance: 4:46 min/km

Rank in course/Total: 77 (of 389)

Rank in course/Men: 69 (of 301)

Best time in course: 32:58

Rank in category: 20(of 83)

Best time in the category: 35:18

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	10:30	5:00	25	3:39	92	4:08	2.10	10:30	5:00	25	3:39	92	4:08
Rundenzeit	2.10	9:43	4:37	24	2:44	84	8:05	4.20	20:13	4:48	22	6:23	86	7:19
Rundenzeit	2.10	9:57	4:44	21	2:50	72	3:17	6.30	30:10	4:47	22	9:13	78	10:36
Rundenzeit	2.10	10:05	4:48	19	2:55	62	3:25	8.40	40:15	4:47	22	12:08	74	14:01
Finish	2.10	9:53	4:42	17	2:42	61	3:09	10.50	50:08	4:46	20	14:50	69	17:10