



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

Detailed evaluation

Volkmer, Andreas

Club: Schwalmtal  
Number: 416

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

Category:  
Männer 50 bis 59 Jahre

Total time: 50:14

Speed: 11.94 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 79 (of 389)

Rank in course/Men: 71 (of 301)

Best time in course: 32:58

Rank in category: 17(of 86)

Best time in the category: 42:31

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	10:09	4:49	20	2:06	72	3:47	2.10	10:09	4:49	20	2:06	72	3:47
Rundenzeit	2.10	10:01	4:46	22	1:37	105	8:23	4.20	20:10	4:48	22	3:43	82	7:16
Rundenzeit	2.10	10:04	4:47	17	1:27	80	3:24	6.30	30:14	4:47	20	5:09	79	10:40
Rundenzeit	2.10	10:09	4:49	17	1:22	66	3:29	8.40	40:23	4:48	18	6:30	76	14:09
Finish	2.10	9:51	4:41	14	1:30	58	3:07	10.50	50:14	4:47	17	7:43	71	17:16