



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

Detailed evaluation

Paul, Markus

Total time: 50:28

Number: 456

Speed: 11.89 km/h

Running performance: 4:49 min/km

Course: 10.50 km

Rank in course/Total: 82 (of 389)

10 km (680 m unter der Erdoberfläche)

Rank in course/Men: 73 (of 301)

Best time in course: 32:58

Category:

Rank in category: 25(of 68)

Männer 30 bis 39 Jahre

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	9:19	4:26	9	2:57	32	2:57	2.10	9:19	4:26	9	2:57	32	2:57
Rundenzeit	2.10	9:31	4:31	26	2:59	75	7:53	4.20	18:50	4:29	14	5:56	45	5:56
Rundenzeit	2.10	10:31	5:00	37	3:51	112	3:51	6.30	29:21	4:39	21	9:47	66	9:47
Rundenzeit	2.10	10:40	5:04	34	4:00	103	4:00	8.40	40:01	4:45	24	13:47	72	13:47
Finish	2.10	10:27	4:58	33	3:43	100	3:43	10.50	50:28	4:48	25	17:30	73	17:30