



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

Detailed evaluation

Makarinus, Robert

Club: Nordhausen
Number: 249

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

Category:
Männer 30 bis 39 Jahre

Total time: 36:36

Speed: 16.39 km/h
Running performance: 3:29 min/km

Rank in course/Total: 4 (of 389)

Rank in course/Men: 4 (of 301)

Best time in course: 32:58

Rank in category: 3(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	6:56	3:18	2	0:34	3	0:34	2.10	6:56	3:18	2	0:34	3	0:34
Rundenzeit	2.10	7:02	3:20	3	0:30	5	5:24	4.20	13:58	3:19	2	1:04	3	1:04
Rundenzeit	2.10	7:31	3:34	3	0:51	5	0:51	6.30	21:29	3:24	3	1:55	4	1:55
Rundenzeit	2.10	7:32	3:35	3	0:52	4	0:52	8.40	29:01	3:27	3	2:47	4	2:47
Finish	2.10	7:35	3:36	3	0:51	4	0:51	10.50	36:36	3:29	3	3:38	4	3:38