



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

Detailed evaluation

Steinhaus, Marc

Club: RSC Wahmbeck
Number: 377

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

Category:
Männer 40 bis 49 Jahre

Total time: 50:31

Speed: 11.88 km/h
Running performance: 4:49 min/km

Rank in course/Total: 84 (of 389)

Rank in course/Men: 75 (of 301)

Best time in course: 32:58

Rank in category: 22(of 83)

Best time in the category: 35:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Rundenzeit	2.10	9:39	4:35	20	2:48	53	3:17	2.10	9:39	4:35	20	2:48	53	3:17
Rundenzeit	2.10	9:30	4:31	19	2:31	72	7:52	4.20	19:09	4:33	18	5:19	54	6:15
Rundenzeit	2.10	9:56	4:43	20	2:49	69	3:16	6.30	29:05	4:36	19	8:08	61	9:31
Rundenzeit	2.10	10:27	4:58	24	3:17	84	3:47	8.40	39:32	4:42	20	11:25	66	13:18
Finish	2.10	10:59	5:13	31	3:48	132	4:15	10.50	50:31	4:48	22	15:13	75	17:33