



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

Detailed evaluation

Brender, Matthias

Club: Red Residenz Coburg
Number: 50

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

Category:
Männer 30 bis 39 Jahre

Total time: 50:41

Speed: 11.84 km/h
Running performance: 4:50 min/km

Rank in course/Total: 85 (of 389)

Rank in course/Men: 76 (of 301)

Best time in course: 32:58

Rank in category: 26(of 68)

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	10:41	5:05	31	4:19	111	4:19	2.10	10:41	5:05	31	4:19	111	4:19
Rundenzeit	2.10	9:42	4:37	29	3:10	83	8:04	4.20	20:23	4:51	30	7:29	93	7:29
Rundenzeit	2.10	9:57	4:44	26	3:17	72	3:17	6.30	30:20	4:48	26	10:46	80	10:46
Rundenzeit	2.10	10:12	4:51	24	3:32	69	3:32	8.40	40:32	4:49	25	14:18	77	14:18
Finish	2.10	10:09	4:49	26	3:25	81	3:25	10.50	50:41	4:49	26	17:43	76	17:43