



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

Detailed evaluation

Ristau, Jörg

Club: Rhede
Number: 320

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

Category:
Männer 40 bis 49 Jahre

Total time: 50:42

Speed: 11.83 km/h
Running performance: 4:50 min/km

Rank in course/Total: 86 (of 389)

Rank in course/Men: 77 (of 301)

Best time in course: 32:58

Rank in category: 23(of 83)

Best time in the category: 35:18

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	10:40	5:04	31	3:49	108	4:18	2.10	10:40	5:04	31	3:49	108	4:18
Rundenzeit	2.10	9:51	4:41	26	2:52	91	8:13	4.20	20:31	4:53	27	6:41	96	7:37
Rundenzeit	2.10	10:00	4:45	22	2:53	76	3:20	6.30	30:31	4:50	24	9:34	85	10:57
Rundenzeit	2.10	10:12	4:51	21	3:02	69	3:32	8.40	40:43	4:50	23	12:36	79	14:29
Finish	2.10	9:59	4:45	18	2:48	65	3:15	10.50	50:42	4:49	23	15:24	77	17:44