



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

Detailed evaluation

Kanigs, Frank

Club: s`läuft halt  
Number: 191

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

Category:  
Männer 50 bis 59 Jahre

Total time: 50:45

Speed: 11.82 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 89 (of 389)

Rank in course/Men: 80 (of 301)

Best time in course: 32:58

Rank in category: 18(of 86)

Best time in the category: 42:31

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	8:45	4:09	6	0:42	25	2:23	2.10	8:45	4:09	6	0:42	25	2:23
Rundenzeit	2.10	9:13	4:23	12	0:49	54	7:35	4.20	17:58	4:16	6	1:31	27	5:04
Rundenzeit	2.10	9:32	4:32	13	0:55	49	2:52	6.30	27:30	4:21	7	2:25	28	7:56
Rundenzeit	2.10	9:42	4:37	12	0:55	43	3:02	8.40	37:12	4:25	7	3:19	30	10:58
Finish	2.10	13:33	6:27	69	5:12	257	6:49	10.50	50:45	4:49	18	8:14	80	17:47