



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

Detailed evaluation

Pieper, Dirk

Club: KSV Baunatal  
Number: 299

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

Category:  
Männer 40 bis 49 Jahre

Total time: 50:43

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

Rank in course/Total: 88 (of 389)

Rank in course/Men: 78 (of 301)

Best time in course: 32:58

Rank in category: 24(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	11:06	5:17	38	4:15	135	4:44	2.10	11:06	5:17	38	4:15	135	4:44
Rundenzeit	2.10	9:33	4:32	22	2:34	78	7:55	4.20	20:39	4:54	29	6:49	100	7:45
Rundenzeit	2.10	10:01	4:46	23	2:54	78	3:21	6.30	30:40	4:52	27	9:43	89	11:06
Rundenzeit	2.10	10:13	4:51	22	3:03	72	3:33	8.40	40:53	4:52	24	12:46	83	14:39
Finish	2.10	9:50	4:40	16	2:39	57	3:06	10.50	50:43	4:49	24	15:25	78	17:45